

FLEXIBILITY TRAINING FOR THE CHEST, NECK & SCAPULAR MUSCLES

Purpose-Improved range of motion in the chest, neck and shoulder musculature

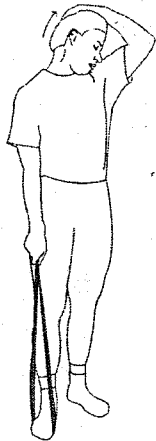


Fig. A. Levator Scapulae Stretch

1 - Loop the strap under the right foot and grasp with the right hand to create a slight downward pull of the right arm as seen in Fig. A.
 2 - Remain upright without tilting the torso.
 3 - With the right arm anchored firmly gently tilt and turn the head to the left shoulder, then tuck the chin inward. (you should be looking at your left foot)
 4 - While in this position, grasp back of head with your left hand and gently pull in the direction of the stretch as seen in Fig. C. Right Left Both (hold _____secs. _____X _____per day).

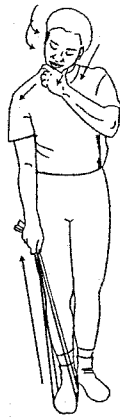


Fig. B. Trapezius Stretch

1-Repeat step 1 in fig. A
 2 - Remain upright without tilting the torso.
 3 - With the right arm anchored firmly gently tilt the head left and turn the head towards the right shoulder, then tuck the chin inward. (you should be looking at your right foot)
 4 - While in this position, cusp the chin with your left hand and gently push in the direction of the stretch as seen in Fig. B. Right Left Both (hold _____secs. _____X _____per day).



Fig. C. Scalene Stretch

1 - Loop the strap under the right foot and grasp with the right hand to create a slight downward pull of the right arm as seen in Fig. C.
 2 - Remain upright without tilting the torso.
 3 - With the right arm anchored firmly gently extend the head and turn the head to the left.
 4 - While in this position, place the left palm flat under the right clavicle and upper chest.
 5 - Pull downward in the direction of the arrows as seen in Fig. C. Right Left Both (hold _____secs. _____X _____per day).

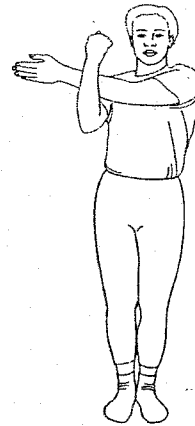


Fig. D. Posterior Shoulder Stretch

1 - In the standing position, reach with left arm across the chest and grasp with the right arm.
 2 - Pull the left arm across and into the body with the right arm as seen in Fig. D. Right Left Both (hold _____secs. _____X _____per day).



Fig. E. Inferior Shoulder Stretch

1 - In the standing position, reach up and over the shoulder with right arm as attempting to scratch between the shoulder blades. Reach across and behind the head with the left arm and grab the right elbow.
 2 - Gently pull the right arm across and behind the body with the left arm as seen in Fig. E. Right Left Both (hold _____secs. _____X _____per day).

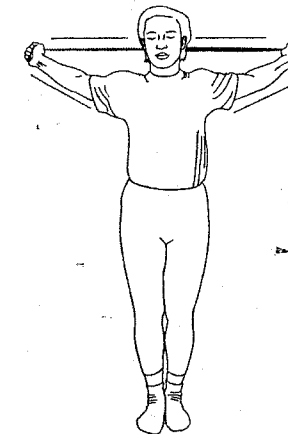


Fig. F. Chest Stretching (Overhead strap)

1 - Grasp the strap slightly beyond the shoulder width and raise the strap over the head and level with shoulders as seen in Fig. F. (hold _____secs. _____X _____per day).
 2 - Maintain an upright posture to maximize the amount of chest stretch throughout the entire exercise.

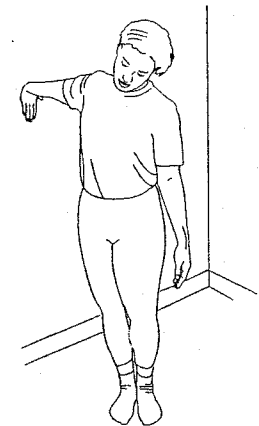


Fig. G. Arm & Neck Stretch

1 - Place the palm of the hand on the wall with the finger tips down as shown in Fig. G.
 2 - The arm, elbow and shoulder should be in-line and perpendicular to the wall
 3 - The elbow should be locked and the head tilted away from the side of stretch. Right Left Both (hold _____secs. X _____per day) alternate method can be used.