

Chest Stretch

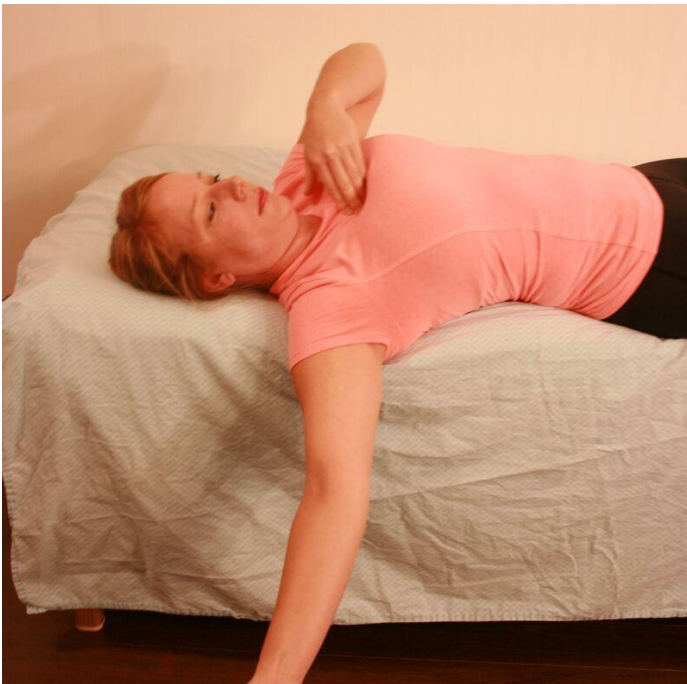
Purpose: This stretch is used to open the front side of the ribcage and shoulder girdle.

Note: With any stretching you want to go to the point where it does not feel like a stretch in the beginning. After 30 seconds you can sink into the stretch slowly. The more relaxed you can be while stretching the more stretch you will get.

How Often: This should be done a minimum of 3 times a week for best results. For optimal results this should be done everyday. 3x per session.

Directions: Lay on the edge of a bed or couch with your knees bent and feet fist width apart. This will help take strain off the lower back. Starting with your arm at waist height, palm up slowly arc the arm until your bicep is close to your ear. If you feel too much stretch you can raise your arm so it is in line with the top of your chest or higher. Take nice, soft, full breaths in and out during the stretch. This stretch should not create any kind of pain. If you experience any pain during the stretch stop immediately and adjust the height of your arm until it is comfortable.

(A) After pass one you will notice tight spots along your breast bone where the muscle attaches. One the next pass use your other hand to softly massage circles at the breast bone where you feel the muscle tight. Complete one more pass after this to see if the chest is more open.



(A)



Pectoralis muscles