

## Chest Stretch

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

**How Often:** This should be done a minimum of 3 times a week for best results. For optimal results this should be done every day.

**Directions:** Stand with your hips perpendicular to the wall. Stagger your feet so the foot closest to the wall is forward. This will help take strain off the lower back. Place your arm on the wall with the elbow bent and slightly behind your body. Lean slightly forward to imitate stretch. Take nice, soft, full breaths in and out during the stretch. Make sure the back of the neck is lengthened so the shoulder girdle and neck are relaxed throughout the stretch. This stretch should not create any kind of pain. If you experience any pain during the stretch stop immediately.

