**Upper Body Stretching PROTOCOL**

**BACKGROUND**

- **Importance**
  - To maintain proper muscle length balance
  - Stretch muscles that are prone to shortening
    - Shortened muscles can cause limitations in range of motion and can alter the alignment of the joints, leading to injury

- **Recommendation**
  - Stretch after warm-up but focus on stretching after activity
  - For best results, hold stretches at least 60 sec, but the longer and more often stretches are performed the better the results will be.
  - Ideally, stretches should be done every day. Be DISCIPLINED!

**STRETCHING EXERCISES**

### Neck and Trapezius Stretch
Patient sits or stands using good upper body posture
Bent neck to the side
Apply light pressure using your hand

**Frequency:** 3 set 60 sec. 1-2 times a day.

**Goal:** Increase neck flexibility

### Posterior Shoulder Stretch
Patient stands using good upper body posture
Pull arm across the chest using the other hand

**Frequency:** 3 sets of 60 sec. 1-2 times a day.

**Goal:** Increase hamstring flexibility

### Internal Rotation and Tricep Stretch
Patient grasps a towel behind their back
To improve internal rotation, the upper arm pulls up
To stretch the triceps, the lower arm pulls down

**Frequency:** 3 sets 60 sec. 1-2 times a day.

**Goal:** Increased shoulder flexibility

### Pectoralis Stretch
Patient stands in front of a door jam
Raise arms to shoulder height and place forearms on the door jam
Step forward through the door
Arm height can be varied to alter the stretch

**Frequency:** 3 sets of 60 seconds 1-2 times a day.

**Goal:** Increased pectoralis flexibility/posture
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**Pectoralis Stretch**
Patient lies with their head supported on a foam roller
Extends arms out to the side with elbow bent
Relax arms and allow gravity to take over

**Frequency:** 3 sets of 60 sec  2-3 times per day
**Goal:** Increase pectoralis flexibility/posture

**Angel Wings**
Stand with arms overhead
Keeping elbows to the side, slowly lower arms
Try put your elbows into pockets
Squeeze shoulder blades together
Hold 10 sec. Repeat 10 times

**Frequency:** 3 sets.  1-2 times per day
**Goal:** Increase chest flexibility and scapular strength

**Latissimus Dorsi Stretch**
Kneeling on the ground, extend arms out in front
Slowly lower head and chest towards the ground
Continue until a stretch is felt
This can be done standing up and placing arms on a table and bending forward from the waist.

**Frequency:** 3 sets of 60 sec  1-2 times per day
**Goal:** Increase latissimus dorsi flexibility

**Sleeper Stretch**
Patient lies on their side with arm extended.
Bend elbow 90 degrees
Slowly apply downward pressure

**Frequency:** 3 sets of 60 sec.  1-2 times per day
**Goal:** Increase shoulder flexibility

**Low Back Stretch**
Patient lies on their back with knee bent
Slowly pull knee across the body towards the ground
Keep shoulders on the ground
Continue until a stretch is felt.

**Frequency:** 3 sets of 60 sec.  1-2 times per day
**Goal:** Increase lower back flexibility