

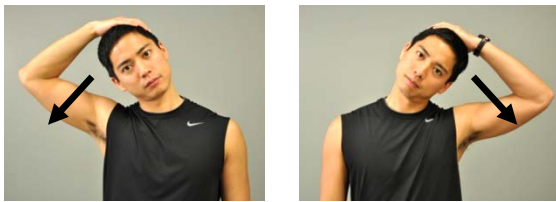


## Upper Body Stretching *PROTOCOL*

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 60sec, but the longer and more often stretches are performed the better the results will be.
  - Ideally, stretches should be done every day. Be DISCIPLINED!

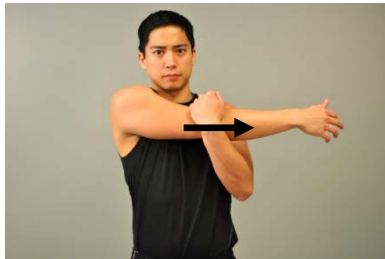
STRETCHING EXERCISES



### *Neck and Trapezius Stretch*

Patient sits or stands using good upper body posture  
Bent neck to the side  
Apply light pressure using your hand

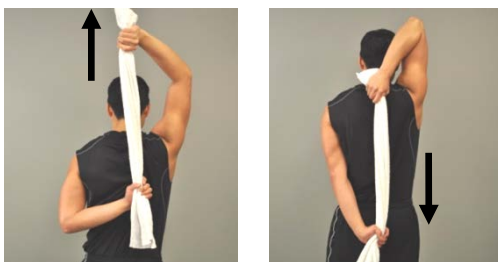
**Frequency:** 3 set 60 sec. 1-2 times a day.  
**Goal:** *Increase neck flexibility*



### *Posterior Shoulder Stretch*

Patient stands using good upper body posture  
Pull arm across the chest using the other hand  
Attempt to bring arm in contact with the chest muscles

**Frequency:** 3 sets of 60 secs. 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*

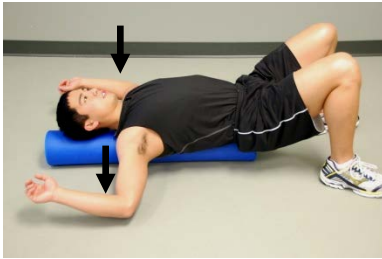
Patient stands in front of a door jam  
Raise arms to shoulder height and place forearms on the door jam  
Step forward through the door  
Arm height can be varied to alter the stretch

**Frequency:** 3 sets of 60 seconds 1-2 times a day.  
**Goal:** *Increased pectoralis flexibility/posture*



# Upper Body Stretching *PROTOCOL*

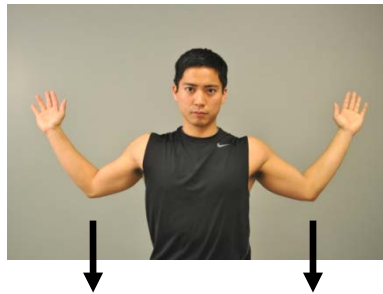
STRETCHING EXERCISES



## *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

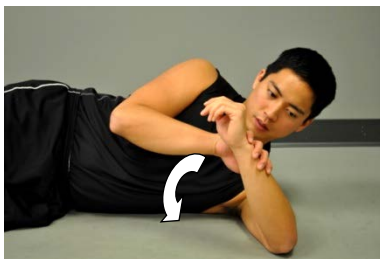
**Frequency:** 3 sets. 1-2 times per day  
**Goal:** *Increase chest flexibility and scapular strength*



## *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 60sec 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*