



Wall Pectoralis Stretch

- Face the wall, arm out to the side with hand on the wall
- Slowly turn the whole body away from the wall until you feel a gentle stretch through the arm and/or chest
- Hold for 30 seconds while you perform 3-5 sets of deep breathing and relaxation
- Perform the stretch in 3 different positions as shown in the picture
- Repeat 1-3 times (reps) in each position
- Repeat throughout the day or 1-2 times minimum

Nerve Gliding-Wrist, elbow, shoulder & neck stretch

- Place arm out to side & point fingertips opposite of nose-can place palm of hand on wall
- Let shoulder drop as you lift your chest up
- To progress this stretch you can 1) turn your head away from the wall 2) you can turn your whole body (moving your feet away from the wall)
- Hold for 30 seconds while you perform 3-5 sets of deep breathing and relaxation
- **PRECAUTION: DO NOT OVERSTRETCH**-this could cause nausea