STRETCHING EXERCISE
lengthening of too short muscles

UPPER EXTREMITY

# 1- Trapezius, upper

TO STRETCH THE RIGHT UPPER TRAPEZIUS:

Grab hold of the side of a chair with your right hand.
Lean torso over to the left so that you hold on with your right hand.
Lean your head to the left and slightly forward.
Use your left hand to gently and gradually pull your head to the left and slightly forward.

OBJECTIVE: TO LATERALLY FLEX NECK AND HEAD AWAY FROM SIDE BEING STRETCHED, TO SLIGHTLY FLEX NECK FORWARD AND TO DEPRESS SCAPULA.

Hold stretch for ________ Sec./min.
Repeat ________ times,
Right & Left side, ___________ Times per day/week
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UPPER EXTREMITY

# 2a - Trapezius, middle

TO STRETCH THE RIGHT MIDDLE TRAPEZIUS:

Lean over by the waist, approximately 90°.
Stand with the left side of your body facing a doorway.
Grab hold of doorpost with your right arm crossing over your chest.
Lean sideways away from doorpost, use your left arm and hand to push away while pulling with your right hand.
When stretch is done right, the shoulder blade is pulled sideways away from the spine and slightly down towards pelvis.

OBJECTIVE: TO ABDUCT AND DEPRESS SCAPULA.

Hold stretch for ________ Sec./min.
Repeat ________ times,
Right & Left side, ___________ Times per day/week
# 3a - Trapezius, lower

TO STRETCH THE RIGHT LOWER TRAPEZIUS:

Stand with the left side of your body facing a doorway.
Lean over by the waist, approximately 90°.
Bring your right arm across your torso in line with your opposite hipbone.
Grab hold of the doorpost, lean sideways away from doorpost. Use your left hand to push off and your right hand to pull.
When stretch is done right, the shoulder blade is pulled forward and away from the spine.

OBJECTIVE: TO BRING ACROMION PROCESS ANTERIOR, TO ROTATE SCAPULA SO THAT GLENOID CAVITY FACES INFERIOR TO FLEX THORACIC SPINE.

Hold stretch for ________ Sec./min.
Repeat ________ times,
Right & Left side, ____________ Times per day/week
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UPPER EXTREMITY

# 4a - Serratus anterior

TO STRETCH RIGHT AND LEFT SERRATUS ANTERIOR:

Stand up straight, interlace both hands behind your buttocks and straighten arms completely. Reach downwards with your hands and squeeze the shoulder blades together by bringing the elbows as close together as you can.

OBJECTIVE: TO ADDUCT AND DEPRESS SCAPULAS.

Hold stretch for ________ Sec./min.
Repeat ________ times,
_____________ Times per day/week
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UPPER EXTREMITY

# 5 - Levator scapulae

**TO STRETCH RIGHT LEVATOR SCAPULAE:**

Grab hold of the side of a chair, slightly behind you, with your right hand.
Lean your head and torso forward and slightly to the side (diagonally) so that you hold on with your right hand.
Use your left hand to gently and gradually pull head forward and slightly to the left side.

**OBJECTIVE: TO LATERALLY FLEX, FLEX AND LATERALLY ROTATE CERVICAL SPINE AWAY FROM SIDE BEING STRETCHED. DEPRESS SCAPULA AND INFERIORLY ROTATE GLENOID CAVITY.**

Hold stretch for ________ Sec./min.
Repeat _______ times,
Right & Left side, ___________Times per day/week