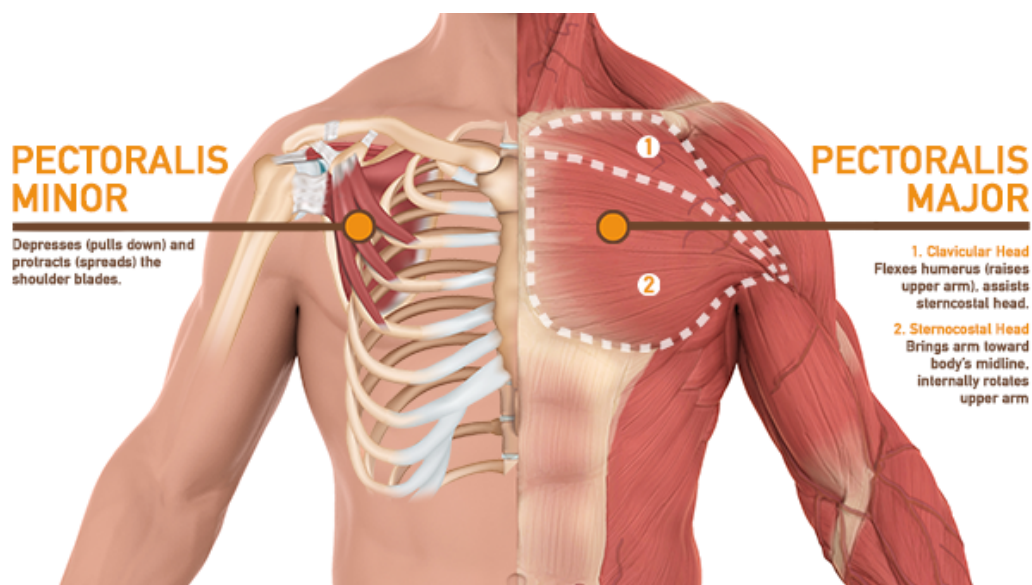


Chest Stretches

Summary

- These exercises aim to stretch your chest muscles and reduce tightness and should be performed 2-3 times per day, 4-5 days a week.
- *Aim to complete 3 sets of 10-15 reps as you are able to.*
- *Start with 5-10 reps of each exercise and gradually build this up.*
- *Hold each stretch for 15-30 seconds*
- Regularly perform these exercises to prevent future symptoms. Stay active and avoid static postures.
- In the early stages this exercise *may be painful*, but do not worry this is normal, experience shows that in most cases will get better as a result of the exercise.
- You can take painkillers as advised by a prescribing clinician or pharmacist. Taking them before exercise can help you stay active without causing extra pain.
- Your pain should ease and improvement should be seen within 4-6 weeks and full healing up to 3-6 months after commencing these exercises.



1. Towel stretch



1. Stand with good posture holding a towel behind your back.
2. Lift the towel up behind, holding the ends with both hands.
3. Use the towel to gently pull your shoulders into extension. You should feel a stretch in the front of your chest. Squeeze the shoulder blades together to maximize the stretch.
4. Repeat

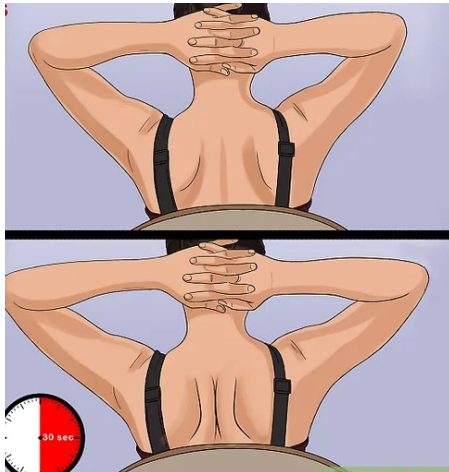
*Avoid bouncing. With each exhale, move into the stretch a little further, but only to the point of tightness, or slight discomfort, never pain.

2. Behind-the-back Elbow-to-elbow Grip



1. Perform in seating or standing.
2. Begin with arms hanging by your sides and shoulders pressed down away from your ears.
3. Gently squeeze your shoulder blades together and broaden the chest.
4. Bring the arms behind the back and grip elbow to elbow.
5. Repeat

3. Above-the-head Chest Stretch



1. This is another stretch that can be performed either seated or standing.
2. Interlock your fingers, bend your elbows and raise your arms above your head.
3. Gently squeeze your shoulder blades together and move your elbows and hands backward.
4. Repeat

4. Bent-arm Wall Stretch



1. Assume a split stance, Right leg in the front and left leg in the back, at the end of a wall or in a doorway.
2. Bring the left arm up to shoulder height and position the palm and inside of the arm on the wall surface or doorway. Your arm should look like a goal post.
3. Gently press the chest through the open space to feel the stretch.
4. Moving the arm higher or lower will allow you to stretch various sections of the chest.
5. Repeat

5. Corner Stretch



1. Stand facing the corner of a room
2. Place your hands above you on the wall several feet from the corner
3. Lean into the wall until you feel the chest stretch
4. Repeat