



Notes :

1 Levator scapulae stretch



Place one hand behind your buttock to lower your shoulder.
Turn your head to the opposite side and look down.
Gently pull down on your head with the other hand and maintain the position when you feel a stretching sensation. Repeat.

Reps: 2-3 Hold: 3--0 sec

2 Upper trapezius stretch



Stand and put your arm behind your back.
Bend your neck to the opposite side and lower the shoulder until you feel a stretch on the top of the shoulder in the trapezius muscle or in the side of your neck.
You can reach with your other hand and gentle pull your head to increase the stretch if needed
Hold the stretch for the required time.

Reps: 2-3 Hold: 30 sec

3 Stretching horizontal adduction



Stand and place your upper arm across your chest and your hand over the opposite shoulder.
Use your other hand on the back of your arm to gently pull toward you to create a stretch at the back of the shoulder.

Reps: 2-3 Hold: 30 sec

4 Pectoral stretch



Stand up in front of an open doorway.
Place your forearm along the wall.
Step your body forward until you feel a stretch across your chest and the front part of your arm.
Place the arm lower than horizontal to emphasize the upper chest, place the arm perpendicular to stretch the middle portion, and place the arm higher than parallel to stretch the lower portion.

Reps: 2-3 Hold: 30 sec

5 External rotation stretch



Stand with the palm of the arm to stretch against a door frame or a wall corner with your elbow bent to 90 degrees and at your side.
Rotate your body away from your involved arm until a comfortable stretch is felt in the anterior shoulder.

Reps: 2-3 Hold: 30 sec



6 Latissimus dorsi stretch



Hold a stable object in front of you with both hands, palms up. Lean forward by bending at the hips while pushing the hips backward. You can also slide the arms forward on the surface and gently sit your hips back.
Slide your arms to one side to feel stretch more on a particular side.
Hold the position.
Switch sides.

Reps: 2-3 Hold: 30 sec

7 Biceps stretch



Place your hand on a table with your palm facing up and shoulder your back. With bent knees, square step forward with the opposite leg until you feel a stretch in your biceps.

Reps: 2-3 Hold: 30 sec

8 Triceps stretch



Stand with your chin tucked in and raise your arm to complete elevation and place your hand behind your head by bending the elbow.
Place your other hand on the elbow of the affected arm.
Pull towards the unaffected side until a stretch is felt in the triceps.
Keep your chin tucked in.

Reps: 2-3 Hold: 30 sec

9 Wrist extensors stretching



Extend one arm out in front with the elbow straight.
Use the other hand to grasp it at the side of the thumb and bend the wrist downward.
Turn wrist towards the small finger to increase the stretch.

Reps: 2-3 Hold: 30 sec

10 Stretching wrist flexors



Hold the palm of one hand with the other hand while keeping your elbow straight on the affected arm and pull your hand back gently to feel a stretch in the forearm.

Reps: 2-3 Hold: 30 sec



Notes :



1 Levator scapulae stretch

Reps: 2-3 Hold: 3--0 sec

GEN13736



2 Upper trapezius stretch

Reps: 2-3 Hold: 30 sec

GEN91240



3 Stretching horizontal adduction

Reps: 2-3 Hold: 30 sec

XGEN471



4 Pectoral stretch

Reps: 2-3 Hold: 30 sec

GEN191767



5 External rotation stretch

Reps: 2-3 Hold: 30 sec

GEN95275



6 Latissimus dorsi stretch

Reps: 2-3 Hold: 30 sec

GEN104085



7 Biceps stretch

Reps: 2-3 Hold: 30 sec

XGEN1523



8 Triceps stretch

Reps: 2-3 Hold: 30 sec

XGEN469



9 Wrist extensors stretching

Reps: 2-3 Hold: 30 sec

XGEN1556



10 Stretching wrist flexors

Reps: 2-3 Hold: 30 sec

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