

The Shoulder Squeeze Down

1a



Roll your shoulders back to open your chest

STRETCH POSITION

1a) Stand with your arms comfortably at your sides and your palms facing forward (soften your knees).

1b) Squeeze your shoulder blades together while pulling back and down. Hold this back and down position to strengthen your mid and upper-back.

1b

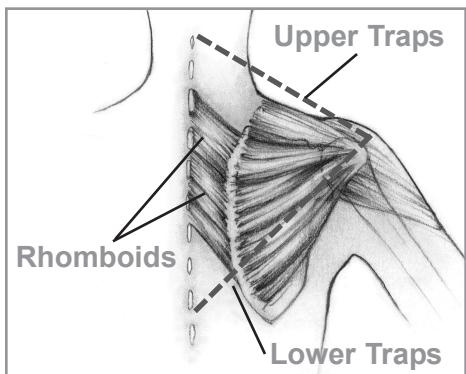
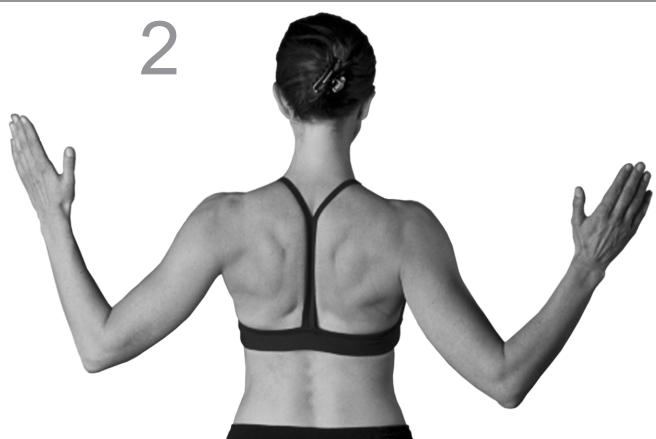


Gently squeeze your shoulder blades back and down.

2) To increase the difficulty, bring your elbows just below your shoulders (hands up) as you squeeze back and down.

Breathe: Hold this stretch for 3 deep breaths. Relax into each exhale while releasing tension and stretching a little further. Do this throughout the day.

2



MUSCLES AFFECTED:

This “stretch” simultaneously strengthens the rhomboids & lower traps while opening the chest and upper traps.

EXPLORE: These exercises can also be done face down on the floor.

Pec Doorway Stretch



- 1) Stand in a doorway with your arms bent at 90 degrees and your elbows pressing against the doorframe.
- 2) Straighten one leg behind you to release tension in your lower back and soften your front knee.
- 3) Slowly lean forward by bending your front knee, until you feel your chest and pectoralis muscles stretching. Allow your chest to pass through the doorway.
- 4) Try to relax into the stretch and avoid holding yourself up. Allow your bodyweight to stretch you.

Breathe: Take 3 deep breaths while relaxing into each exhale as you stretch a little further.



EXPLORE: Explore moving your elbows higher or lower in the stretch position to stretch the muscle fibers of the lower and upper pecs.



PNF Stretch: (stretch-resist-stretch)

To increase muscle length, follow these steps:

- 1) Slightly back off the fully stretch position then gently push into the doorway with your hands and elbows. Simply add resistance without any movement.
- 2) Hold this position for 3 deep breaths, relax for 2 seconds without resistance and then stretch again.

