



Pectorals - Corner / Doorway

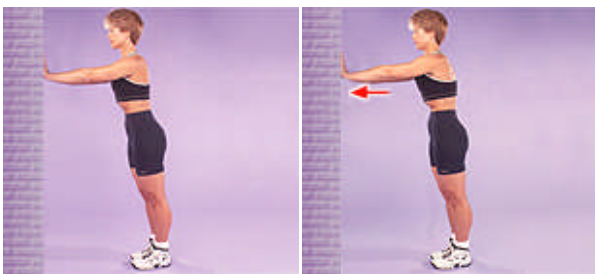
Facing corner or standing through a doorway. Place forearms on each wall below shoulder height. Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.

Sets:	
Reps:	5
Weight:	
Hold:	3-5 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

PECTORALIS:
KEEP HANDS ONLY SLIGHTLY ABOVE SHOULDER LEVEL.



Scapular Protract. Unilat. - Wall

Place one hand on wall with elbow slightly bent. Push into wall, straightening the elbow, pushing body away from wall. Hold, relax and repeat.

Sets:	
Reps:	2-5
Weight:	
Hold:	3-5 sec
Rest:	
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

LOWER TRAPEZIUS



'Prayer' Stretch

Kneeling on floor, reach both arms straight out in front along floor. Sit lower body down and back onto heels.

Sets:	
Reps:	2-5
Weight:	
Hold:	3-5 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
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Notes:

PRAYER STRETCH



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Client :

ID :

Issued By : **STAFF**

Date : Thursday, February 19, 2009

THR :



Scap. Retract. Prone Arms Extended

Lying on stomach with a towel placed under pelvis.

Place arms out to the sides, elbows straight, hands wide open and thumbs up.

Pull shoulder blades back and down, squeezing through the mid back.

Avoid shrugging shoulders.

Sets:	
Reps:	3-5
Weight:	
Hold:	2-5 sec
Rest:	
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

SERRATUS ANTERIOR



Wall Push Ups

Place hands on wall and assume a push up position.

Lower whole body in toward the wall.

Maintain abdominal hollow and neutral spinal alignment throughout movement.

Push back to start position and repeat.

Sets:	
Reps:	10
Weight:	
Hold:	5-10 sec
Rest:	
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

WALL PRESS