



Shevin Pollydore MD



CORNER STRETCH

While standing at a corner of a wall, place your arms on the walls with elbows bent so that your upper arms are horizontal and your forearms are directed upwards as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground.

NOTE: Your legs should control the stretch by bending or straightening your front knee.

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



Rhomboid Doorway Stretch

In a doorway with a frame, anchor your hands in a cross-over manner so your right hand is on the left of the door frame and your left hand is on the right of the door frame. Then push your upper back backwards, tucking your head gently to achieve a stretch in the neck and upper back.

Repeat 3 Times

Hold 30 Seconds
Perform 2 Times a Day



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Upper Trapezius Stretch

Side bend your head to one side as if to bring your ear over to your shoulder. Then using the hand on the side you are bending toward, provide slight overpressure with your hand pulling your head slightly more to the side until you feel a stretch on the opposite side of your neck. Hold this position for a stretch.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set



Scalene Stretch

While seated, or standing, rest your hand in the small of your back, comfortably. Rotate your head towards that arm and up towards the ceiling until a stretch is felt in the neck.

Repeat 3 Times

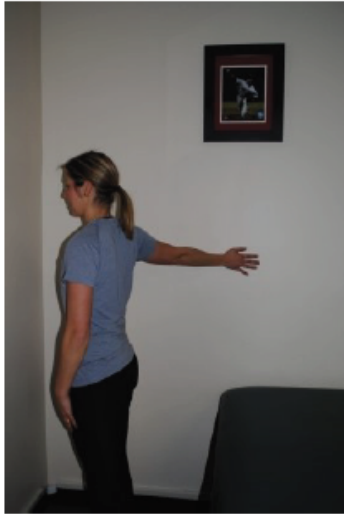
Hold 30 Seconds

Complete 1 Set

Perform 2 Times a Day



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Pec/Bicep Stretch

Place your hand against a wall or pole with your elbow straight. Rotate your body away from your hand/the wall until you feel a stretch across the front of your chest and/or down your arm into your bicep.

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds



SHOULDER ROLLS

Move your shoulders in a circular pattern as shown so that you are moving in an up, back and down direction. Perform small circles if needed for comfort.

Repeat 30 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day