

THE CORE FOUR STRETCHES FOR UPPER BODY FROM THE STRETCH TO WIN® SYSTEM



Internal Rotator Cuff Stretch

1. Lay on your side, position your arm at a 90° angle to your side and move hand over the wrist.
2. For the stretch, exhale and gently press arm down toward the floor until a stretch is felt.
3. Release slowly and repeat until no further gain in range of motion.
4. To increase stretch, roll body further onto shoulder.
5. Repeat other side



External Rotators Stretch

1. From previous stretch, position upper arm about 45° angle down from shoulder level and bend elbow about 90°, hand pointing straight up into the air. Make sure that you have rolled right onto your shoulder to stabilize it.
3. Place other hand on top of arm above wrist, inhale then very gently, for the stretch, exhale and slowly press arm down toward floor in the direction of hips.
4. Release slowly back to start position and repeat until no further gain in range of motion.
5. To increase stretch, move hand closer to body and repeat.
6. To further increase stretch, roll body further onto shoulder.
7. Repeat other side



Levator Scapule

1. Place one hand on the side of your head and let the other arm hang down or if seated, hold on to the side of a chair or bench.
2. For the stretch, exhale and slowly bend neck into lateral flexion, breathe in this position a few of times and then rotate head towards your armpit on the same side.
3. Roll your chin to the center of your chest and roll your head back up.



Pec Minor

1. Kneel on all fours, placing one arm on a ball at a 90° angle from the shoulder and elbow and your other arm placed directly underneath your shoulder.
2. For the stretch, exhale and gently press the shoulder of the arm on the ball down towards your hand on the floor for the stretch.
3. Release slowly and repeat until no further gain in range of motion.
4. To increase the intensity, slowly roll the ball slightly forward
5. You can also make small circles in both directions
6. Repeat other side.



RHOMBOIDS

1. Bend and your waist and grab onto a doorjamb, keeping both knees bent, weight evenly distributed on both legs, feet shoulder width apart.
2. For the stretch, exhale as you twist your torso toward the doorjamb, pushing against the wall with your top arm and pulling with your bottom arm as you lean your hips away from wall
3. Inhale and release the stretch and repeat until no further gain in range of motion.
4. Explore various hand positions and torso angles to target different fibers.
5. To increase intensity, move farther away from the doorway with your feet and push and pull slightly harder to get more torso rotation.
6. Repeat other side.