



## Upper Body Stretching **PROTOCOL**

### BACKGROUND

- **Importance**
  - To maintain proper muscle length balance
  - Stretch muscles that are prone to shortening
    - Shortened muscles can cause limitations in range of motion and can alter the alignment of the joints, leading to injury
- **Recommendation**
  - Stretch after warm-up but focus on stretching after activity
  - For best results, hold stretches at least 60sec, but the longer and more often stretches are performed the better the results will be.
  - Ideally, stretches should be done every day. Be DISCIPLINED!

### STRETCHING EXERCISES



#### **Neck and Trapezius Stretch**

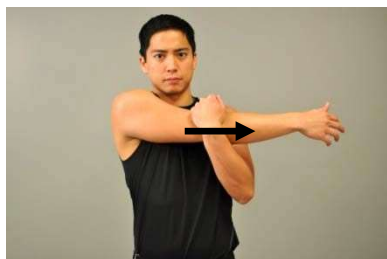
Patient sits or stands using good upper body posture

Bent neck to the side

Apply light pressure using your hand

**Frequency:** 3 set 60 sec. 1-2 times a day.

**Goal:** Increase neck flexibility



#### **Posterior Shoulder Stretch**

Patient stands using good upper body posture

Pull arm across the chest using the other hand

Attempt to bring arm in contact with the chest muscles

**Frequency:** 3 sets of 60 secs. 1-2 times a day.

**Goal:** Increase hamstring flexibility



#### **Internal Rotation and Tricep Stretch**

Patient grasps a towel behind their back

To improve internal rotation, the upper arm pulls up

To stretch the triceps, the lower arm pulls down

**Frequency:** 3 sets 60 sec. 1-2 times a day.

**Goal:** Increased shoulder flexibility



#### **Pectoralis Stretch**

Patient stands in front of a door jam

Raise arms to shoulder height and place forearms on the door jam

Step forward through the door

Arm height can be varied to alter the stretch

**Frequency:** 3 sets of 60 seconds 1-2 times a day.

**Goal:** Increased pectoralis flexibility/posture



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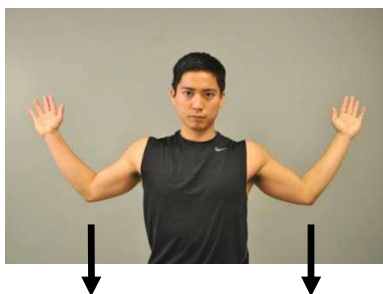
### STRETCHING EXERCISES



### **Pectoralis Stretch**

Patient lies with their head supported on a foam roller  
Extends arms out to the side with elbow bent  
Relax arms and allow gravity to take over

**Frequency:** 3 sets of 60 sec. 2-3 times per day  
**Goal:** Increase pectoralis flexibility/posture



### **Angel Wings**

Stand with arms overhead  
Keeping elbows to the side, slowly lower arms  
Try put your elbows into pockets  
Squeeze shoulder blades together  
Hold 10 sec. Repeat 10 times

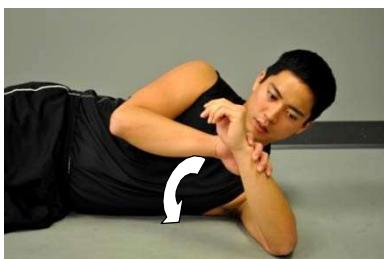
**Frequency:** 3 sets. 1-2 times per day  
**Goal:** Increase chest flexibility and scapular strength



### **Latissimus Dorsi Stretch**

Kneeling on the ground, extend arms out in front  
Slowly lower head and chest towards the ground  
Continue until a stretch is felt  
This can be done standing up and placing arms on a table and bending forward from the waist.

**Frequency:** 3 sets of 60sec 1-2 times per day  
**Goal:** Increase latissimus dorsi flexibility



### **Sleeper Stretch**

Patient lies on their side with arm extended.  
Bend elbow 90 degrees  
Slowly apply downward pressure

**Frequency:** 3 sets of 60 sec. 1-2 times per day  
**Goal:** Increase shoulder flexibility



### **Low Back Stretch**

Patient lies on their back with knee bent  
Slowly pull knee across the body towards the ground  
Keep shoulders on the ground  
Continue until a stretch is felt.

**Frequency:** 3 sets of 60 sec. 1-2 times per day  
**Goal:** Increase lower back flexibility