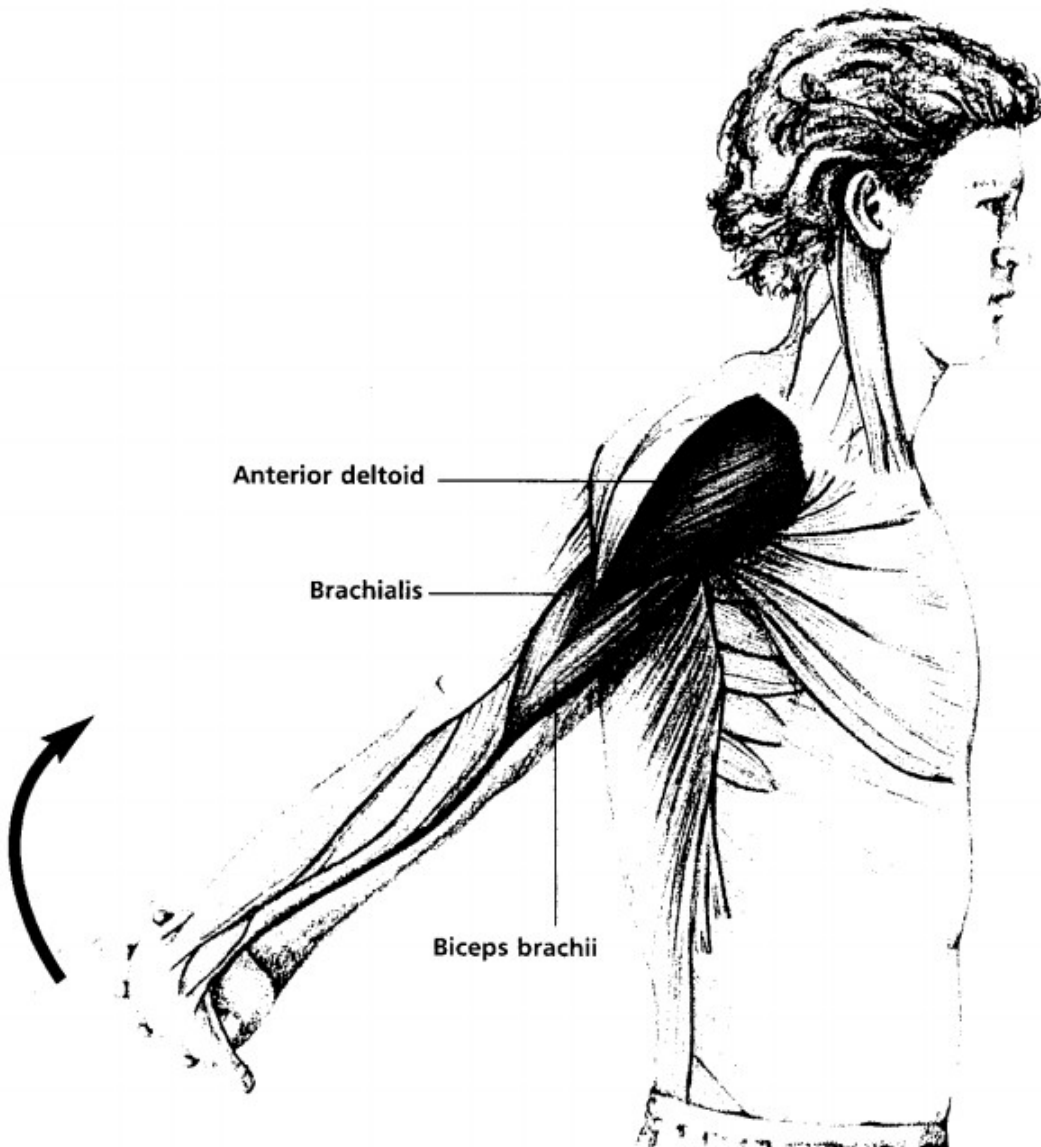


## 016: BEHIND THE BACK CHEST STRETCH

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### Technique

Stand upright and clasp your hands together behind your back. Slowly lift your hands upward.

### Additional information for performing this stretch correctly

Do not lean forward while lifting your hands upward.

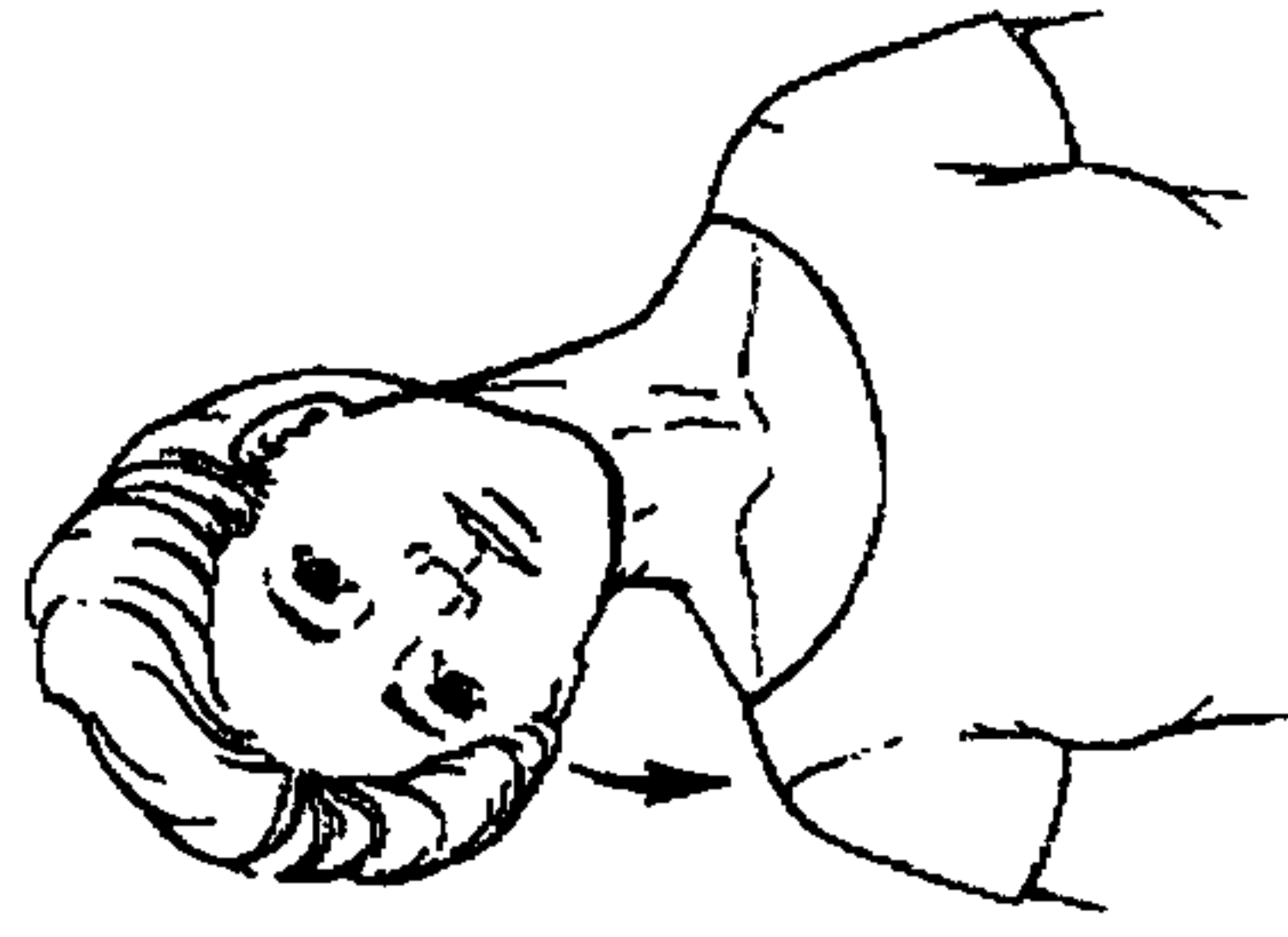
Floor exercises, start with the arm by your side, hand next to your leg.



## EXERCISES

The following exercises should be done 10-15 repetitions, 4 times a day.

1. Sit or stand with good posture.



Keeping face forward,  
tip ear towards shoulder.

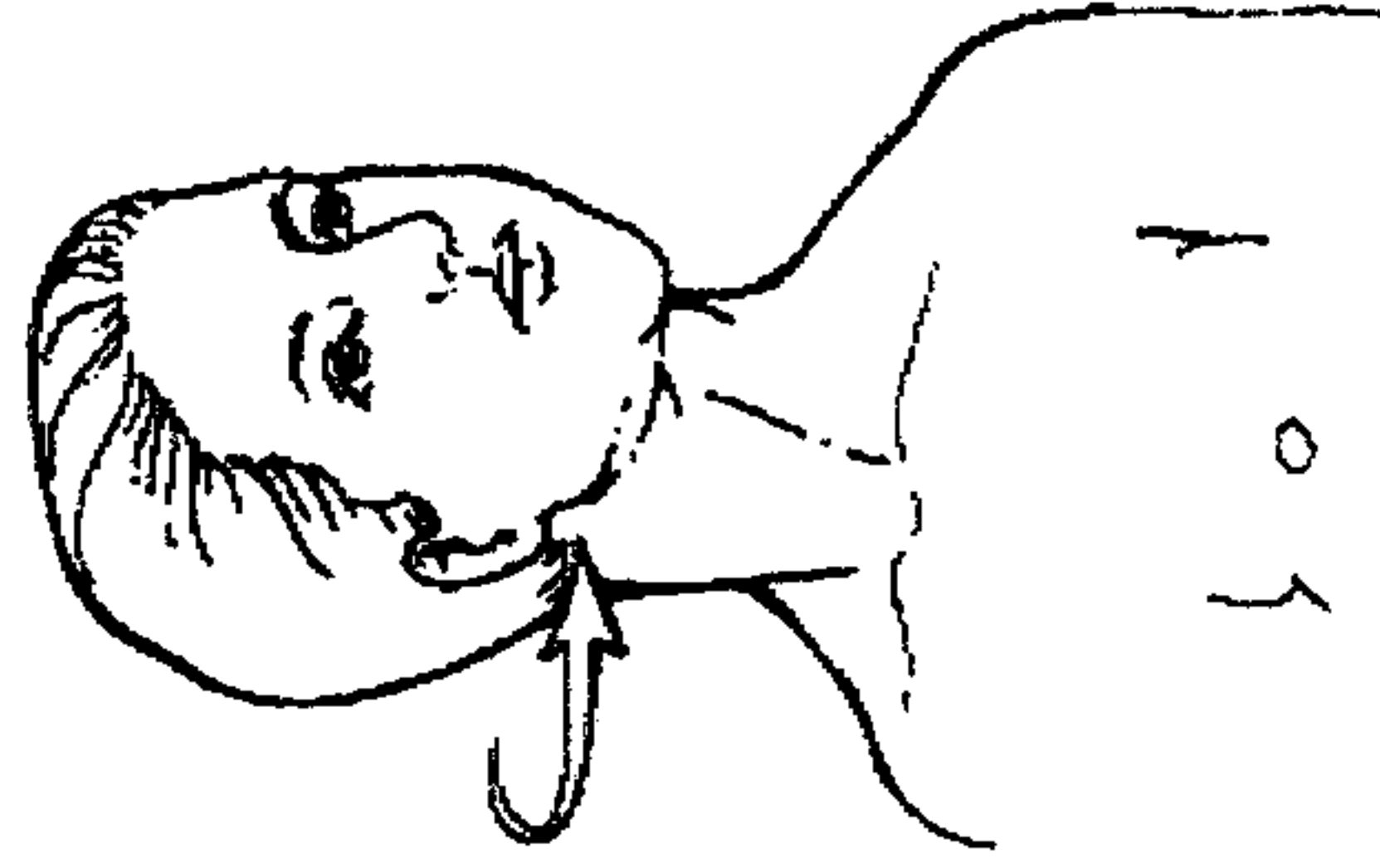
Hold for 10 seconds.

Repeat to other side.

2. Sit or stand with good posture.

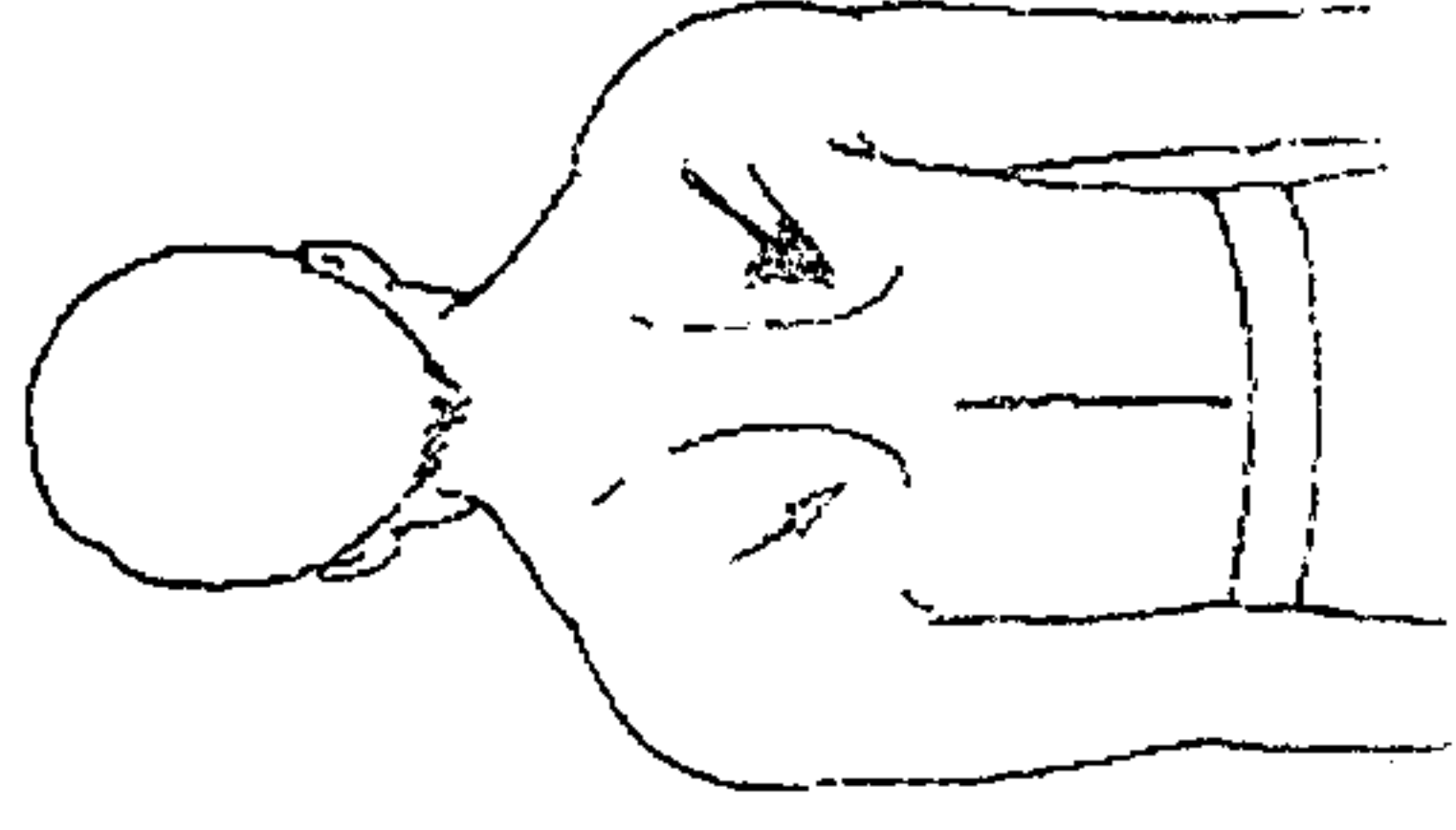
Turn head to one side then the other.

Hold for 10 seconds.



3. Assume upright posture with shoulders relaxed.

Move affected shoulder  
blade down and towards  
opposite hip.

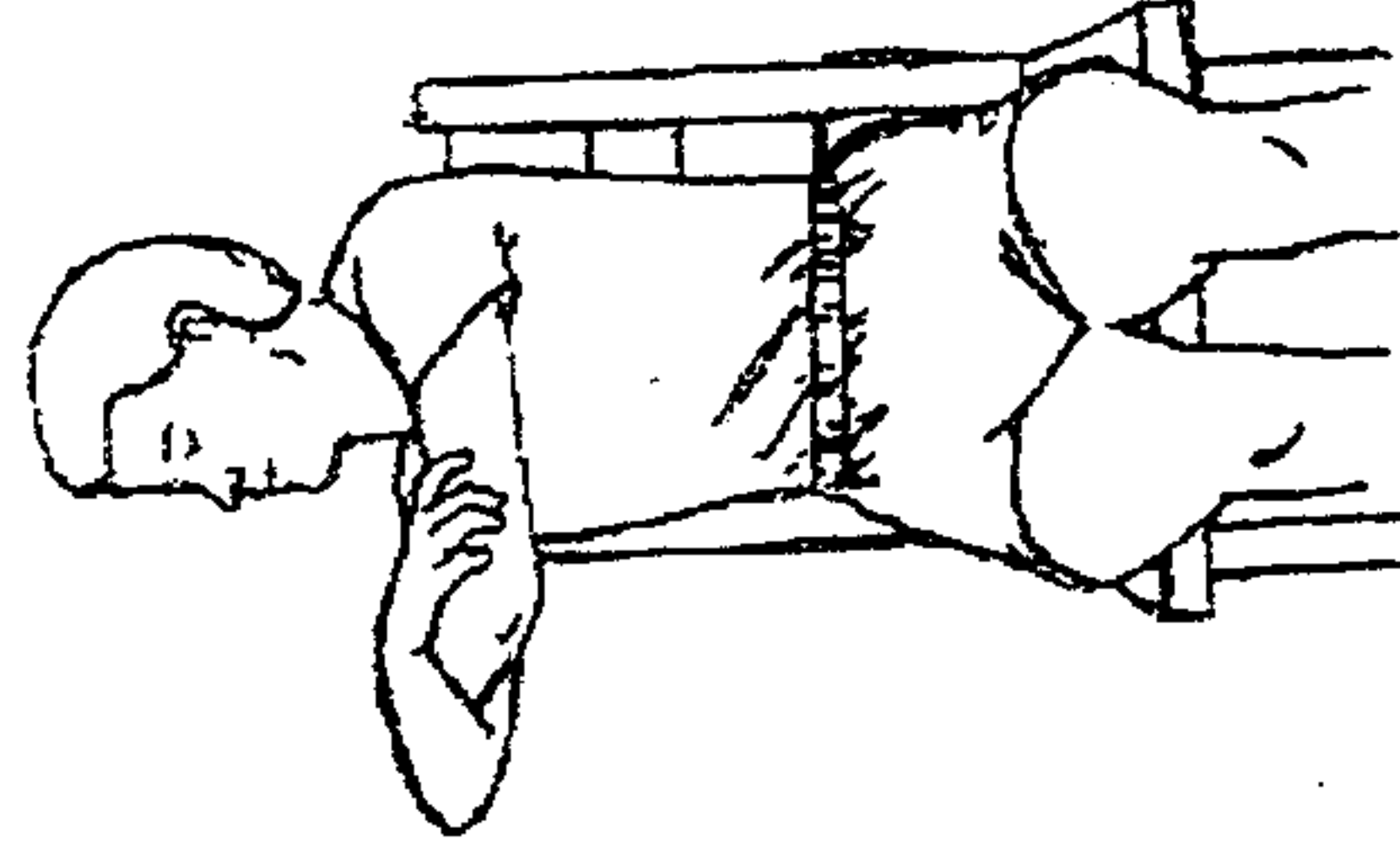
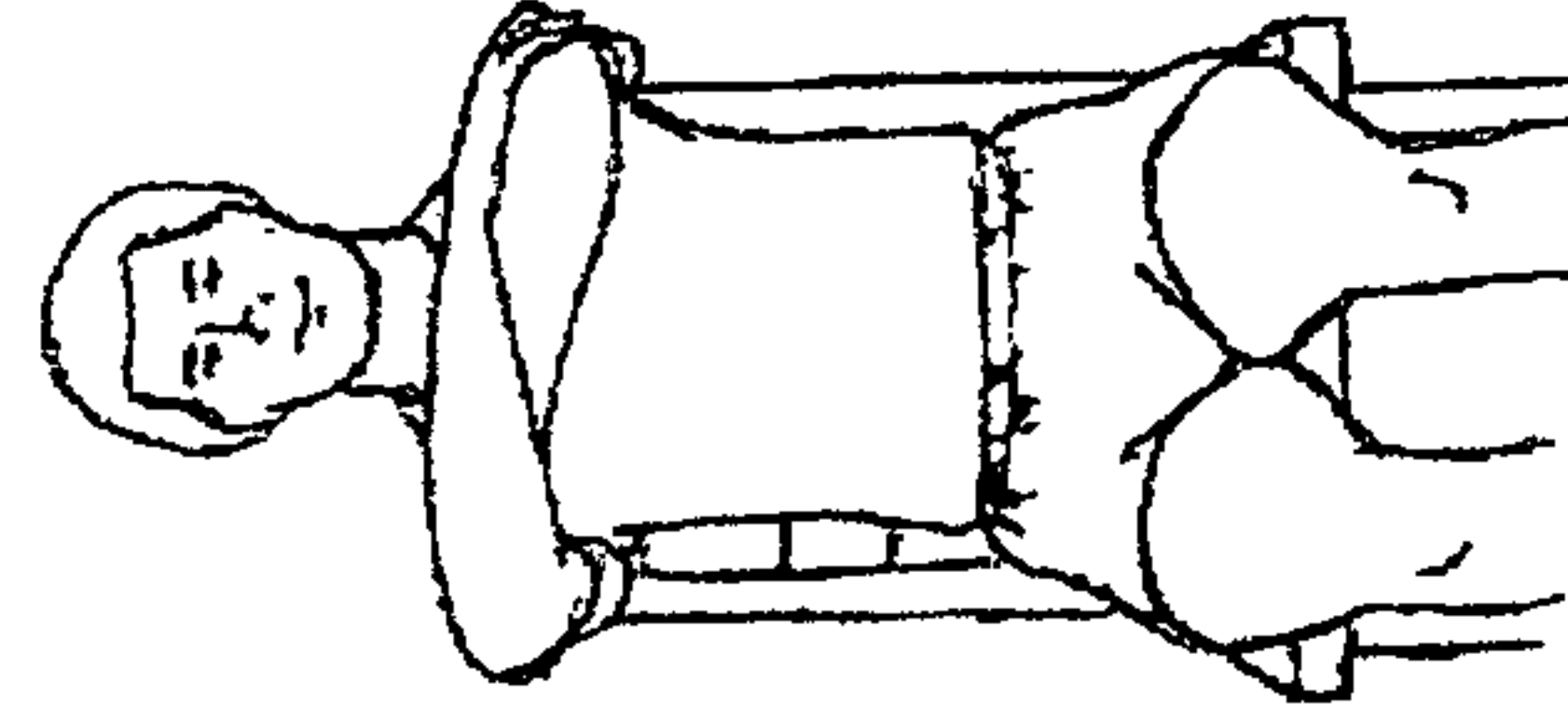


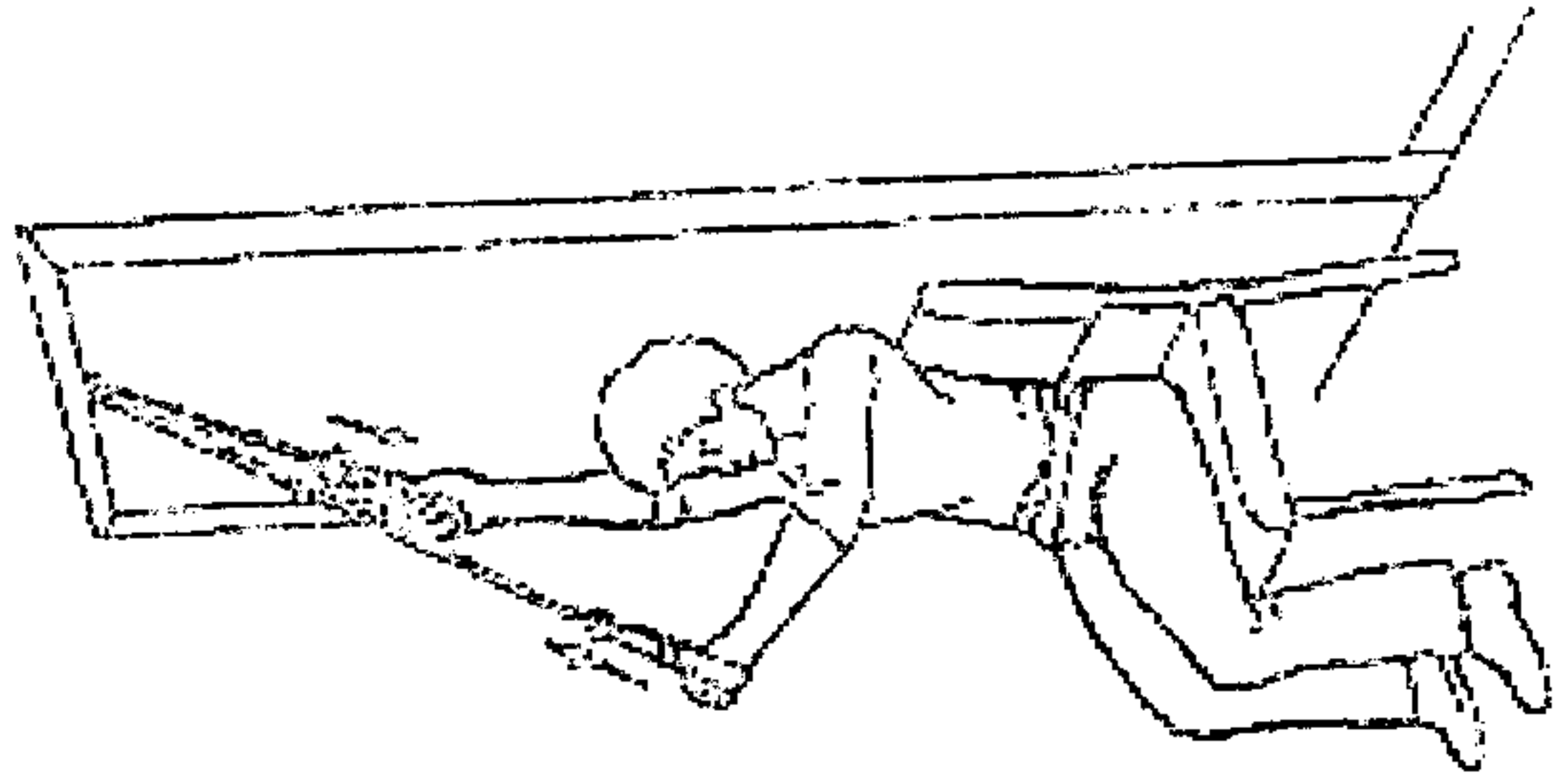
4. Sitting, arms crossed at shoulder height. Turn to right.

Hold for 10 seconds.

Turn to left and hold.

Repeat 10 times.



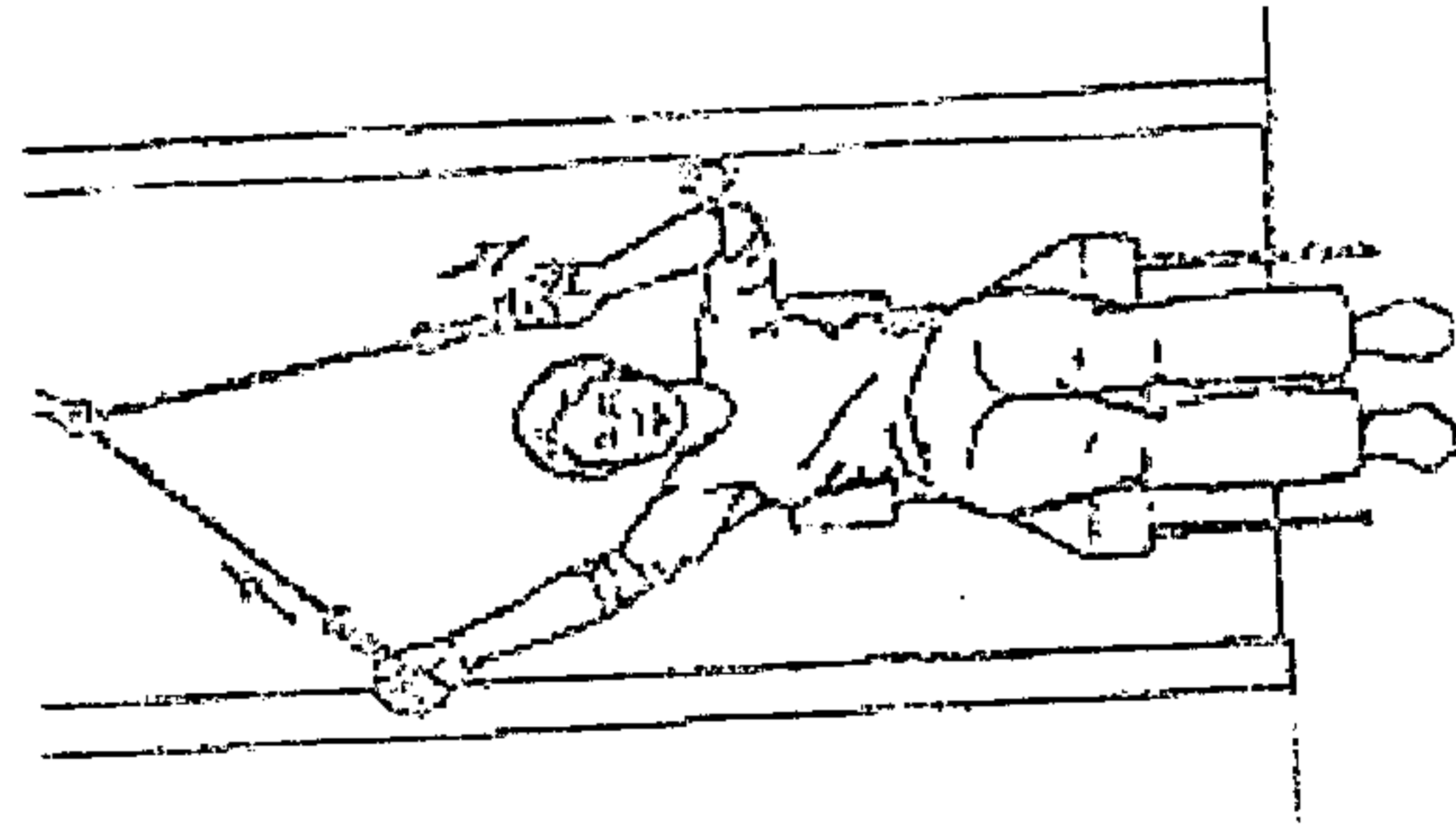


5. Sit in a chair with pulley assembled as shown.

Raise the affected arm overhead pulling down on the pulley with the other hand so that you feel a stretch.

6. Sit in a chair with pulley assembled as shown.

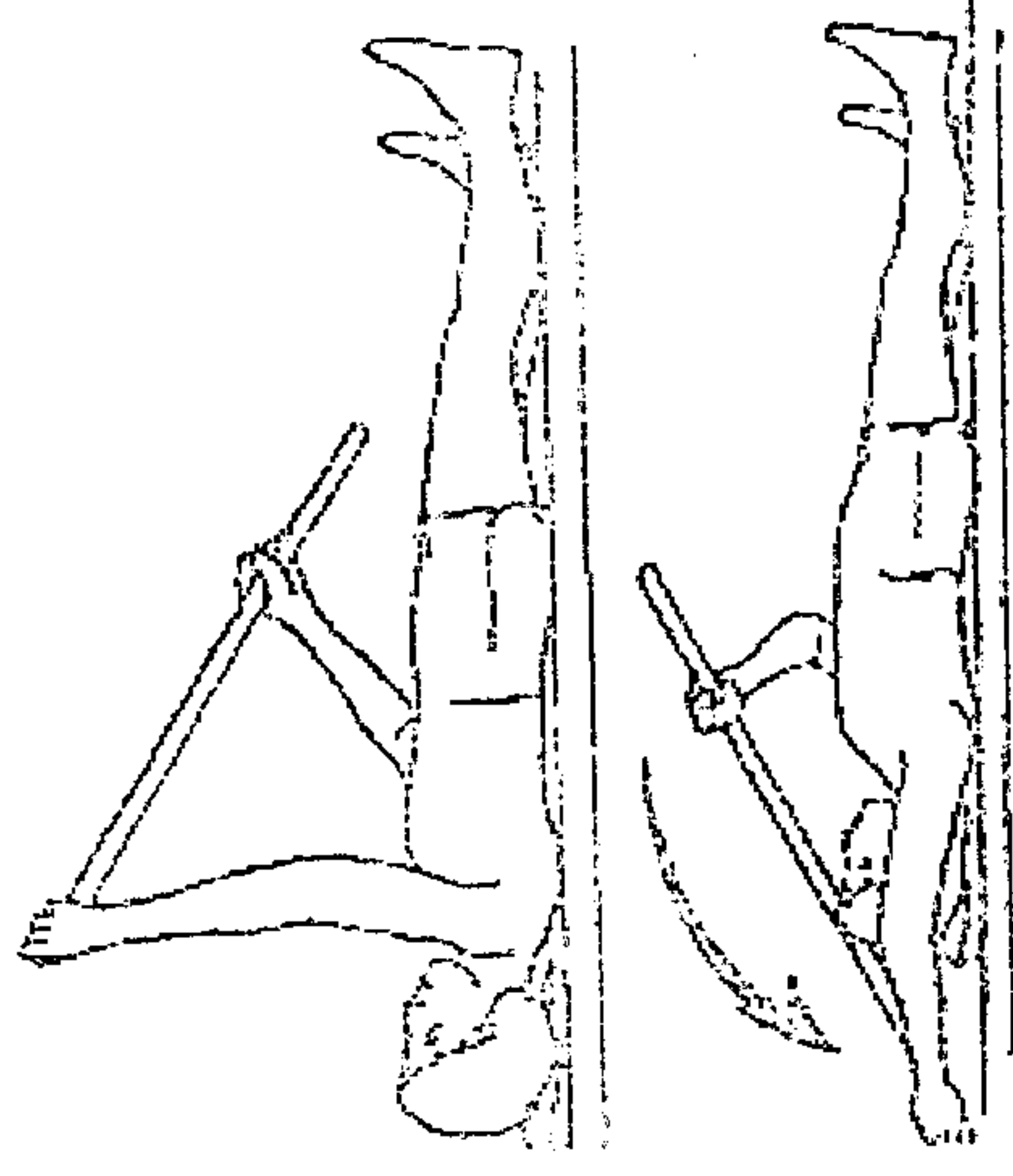
Raise the affected arm out to side and overhead, pulling down on the pulley with the other hand so that you feel a stretch.



7. Lie on back as shown, with affected hand at the top of the stick.

Using the stick for assistance, stretch your arm higher overhead.

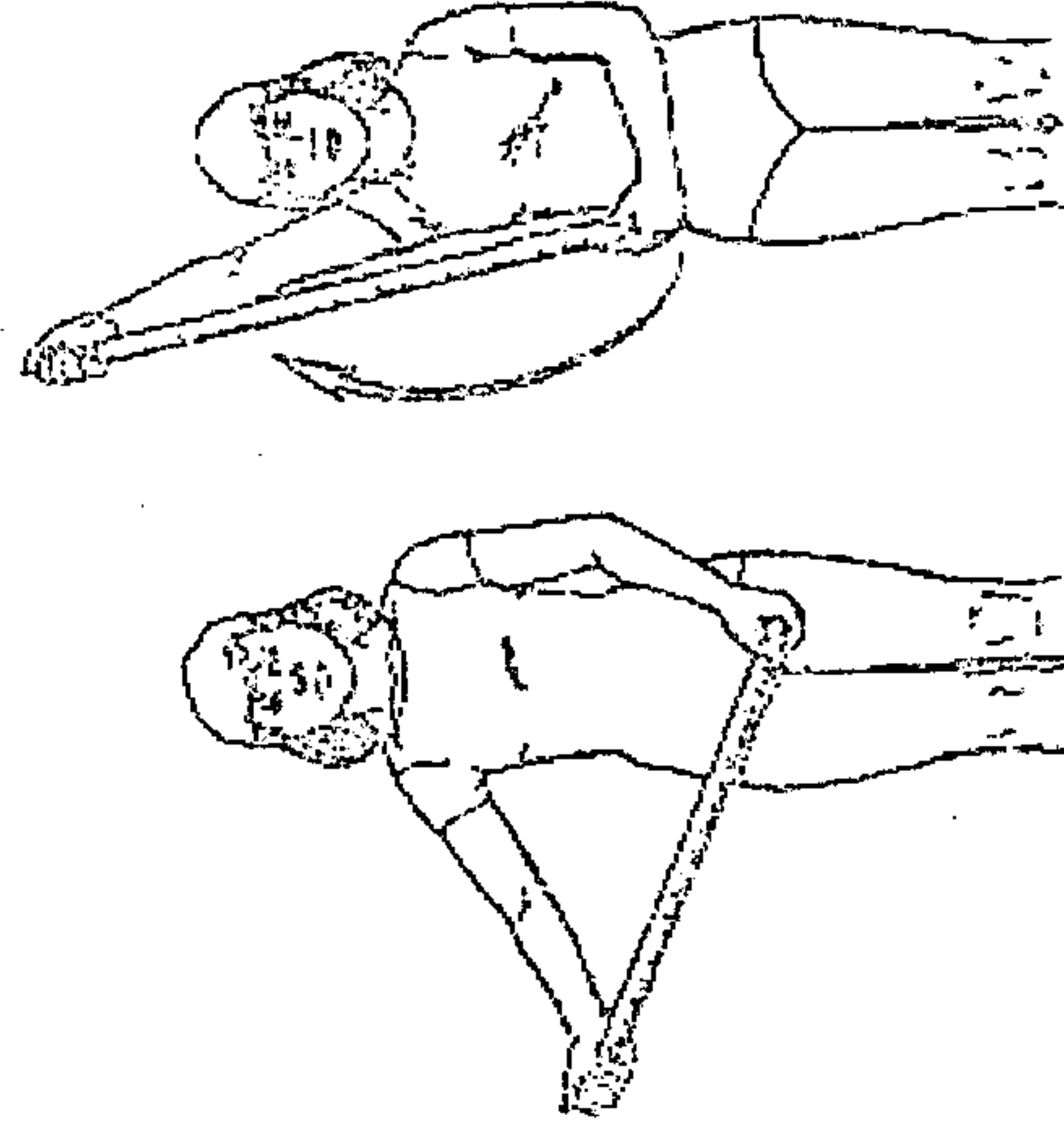
Hold for 10 seconds.



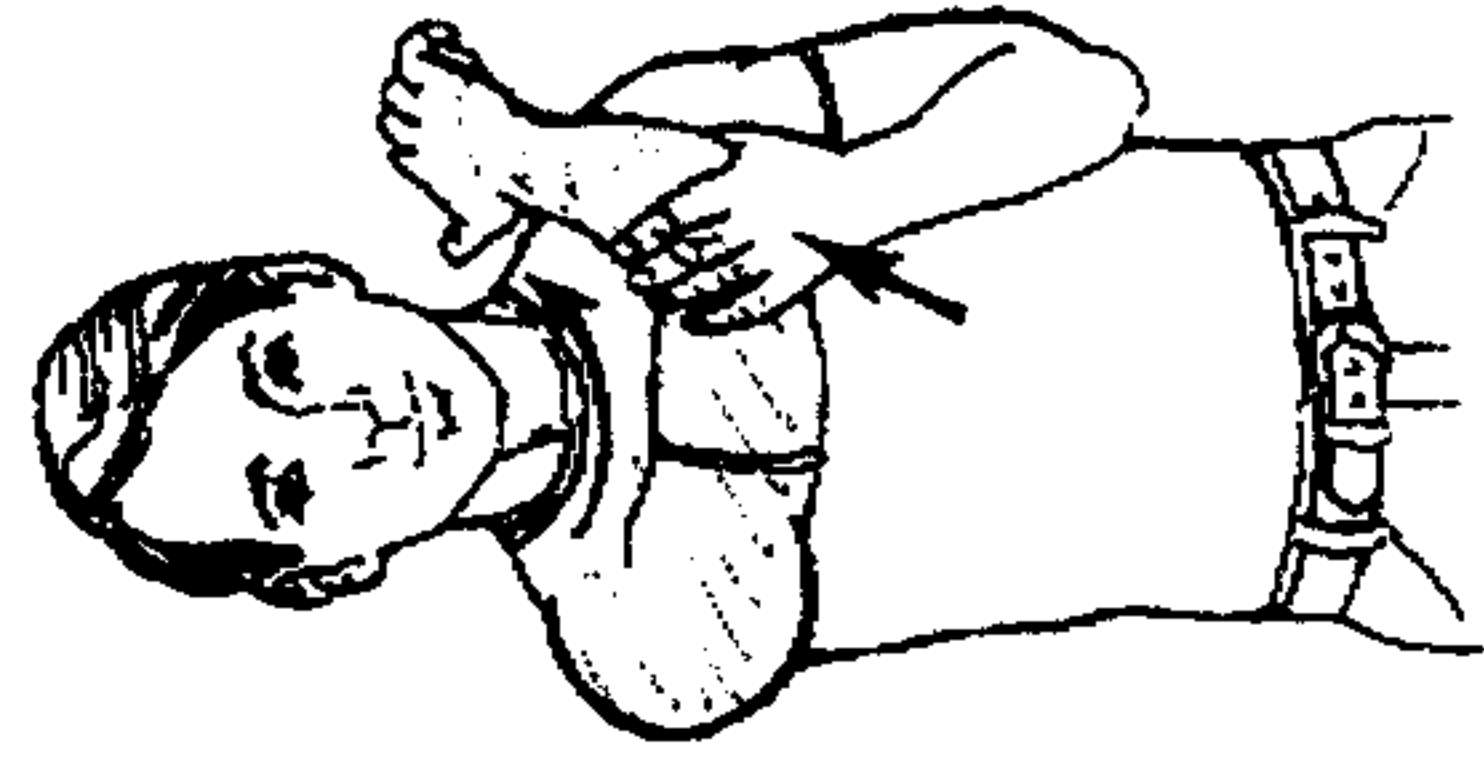
8. Stand holding stick as shown with your affected arm out to the side.

Using the stick for assistance, stretch your arm further out to side and overhead.

Hold for 10 seconds.



9. Stand grasping the elbow with other hand as shown.



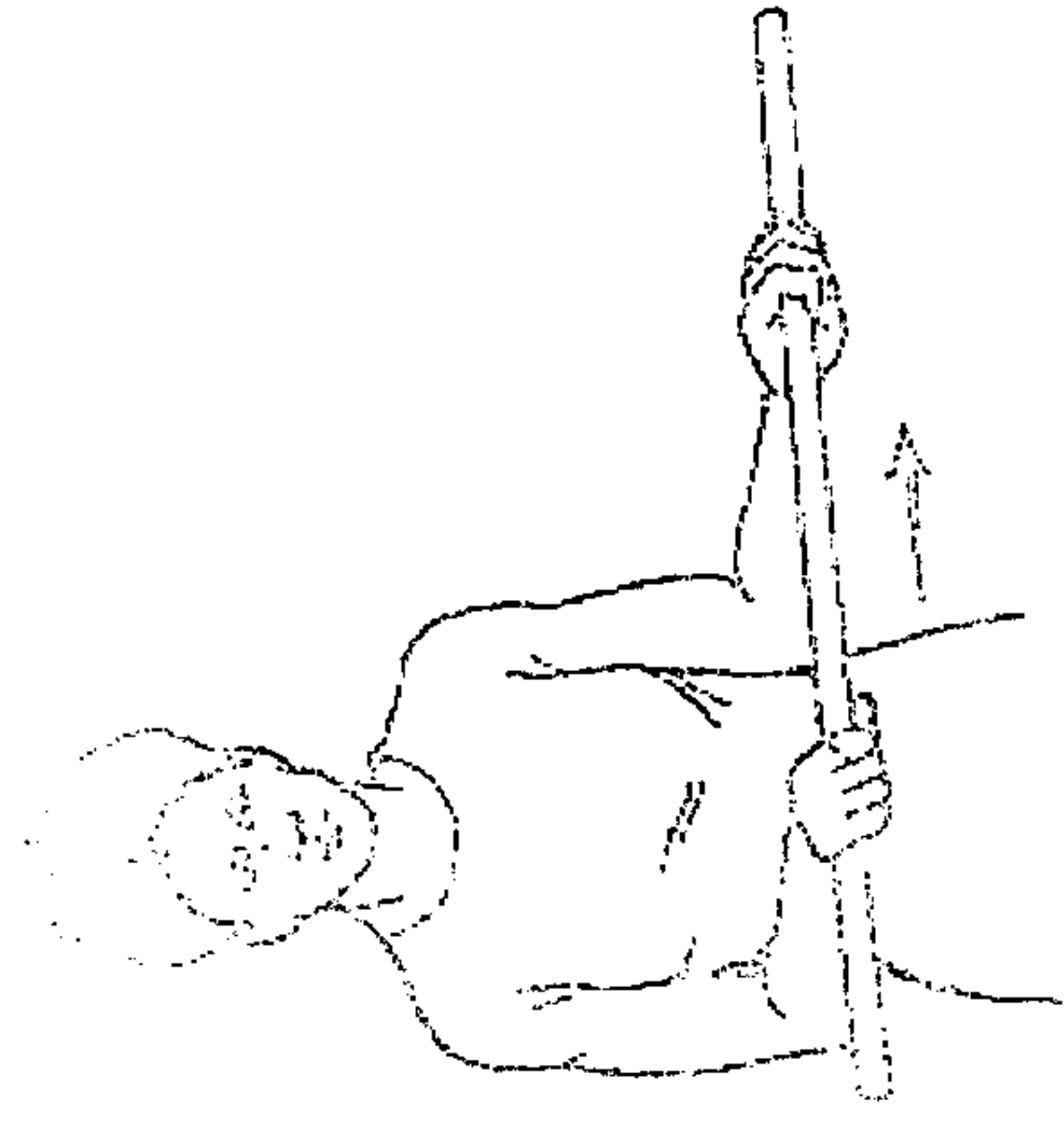
Pull the elbow and arm across your chest so that you feel a stretch.

Hold for 10 seconds.

10. Lie on your back or stand with a pillow under your arm.

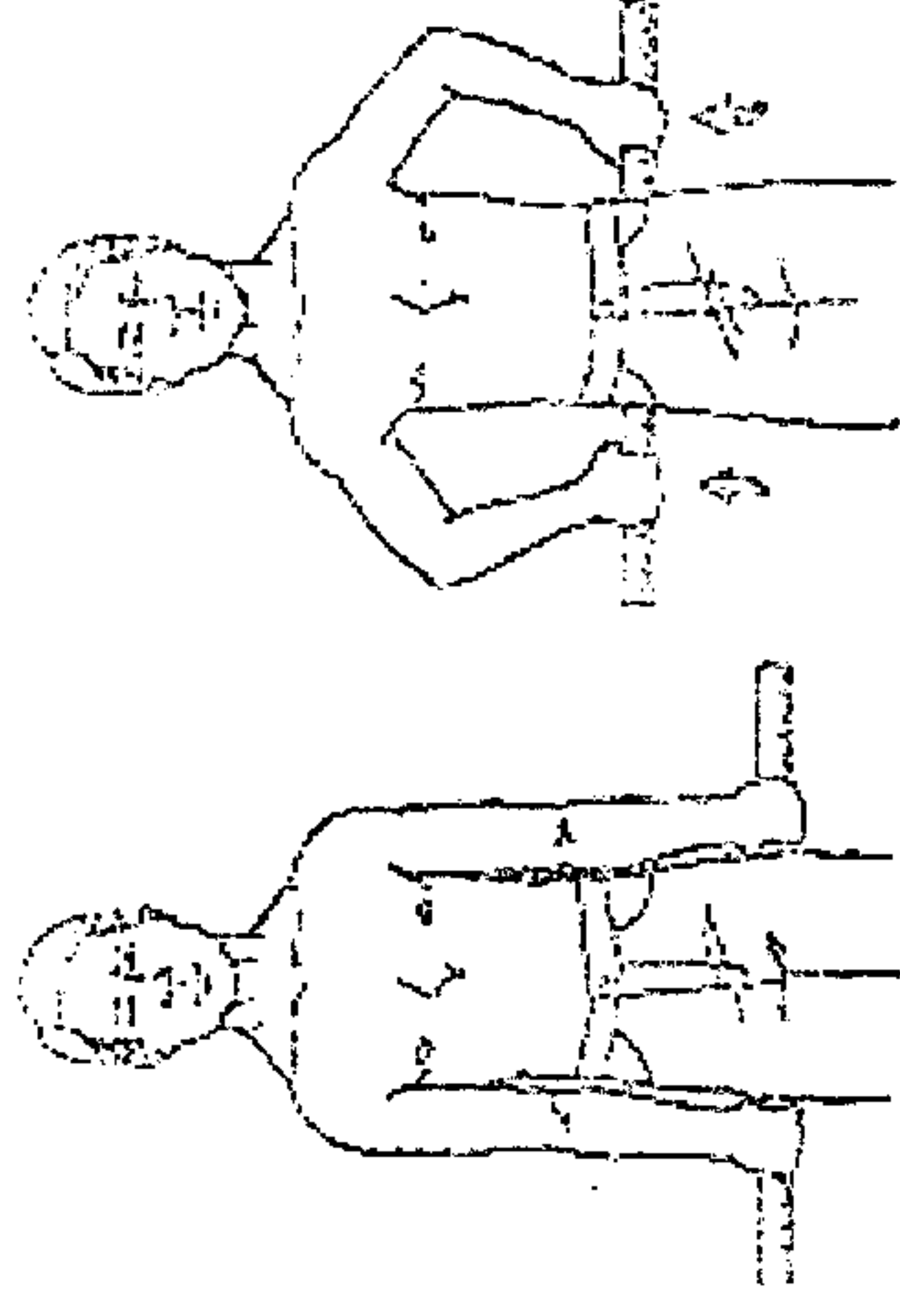
Using stick for assistance, rotate your operation hand and forearm out away from your body. Make sure your elbow stays tucked into your side.

Hold for 10 seconds.



11. Grasp stick behind back as shown.

Slide stick up back so that you feel a stretch.



12. Place a rolled hand towel under the affected arm.

Grasp forearm with other hand and pull behind back and downwards as shown.

Hold for 10 seconds.

