

Chest Stretch



- Stand in a doorway or next to a wall
- Bend the arm being stretched and place the forearm flat against the wall or doorframe
- Step forwards and rotate your body away from your outstretched arm
- Hold for between 10 and 30 seconds

Muscles Stretched - Pectoralis Major , Pectoralis Minor

Related Injuries - Spinal kyphosis (rounded posture)

Dynamic Chest Stretch



- Stand with your hands together, arms extended directly in front of you. This will be your starting position.
- Keeping your arms straight, quickly move your arms back as far as possible and back in again, similar to an exaggerated clapping motion.

Muscles Stretched - Pectoralis Major , Pectoralis Minor

