



Veronica Lake

Massage & Myotherapy

CHEST STRETCHES

1

Using a door frame, with shoulder at 90 degrees and forearm resting against the edge of the doorframe, step through the door until you feel the stretch.



2

Using a door frame, with shoulder at 45 degrees and forearm resting against the edge of the doorframe, step through the door until you feel the stretch.



3

Using a door frame, with shoulder at 135 degrees and forearm resting against the edge of the doorframe, step through the door until you feel the stretch.



Hold each stretch for 20 seconds and repeat 3 times going a little bit deeper into the stretch each time. Repeat on both sides.

Please note: A stretch should not hurt, if you experience any pain whilst stretching, **STOP**, release the stretch



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