

MILLS CHIROPRACTIC CENTER

724-548-7999

WWW.MILLSCHIROPRACTIC.COM

TRIPLE LOAD STRETCH



Place hand flat on the wall above your shoulder, with fingers pointing to the back. Try to keep your palm flat against the wall. Turn your torso towards the opposite shoulder. Hold the stretch for 30 to 60 seconds. Take a 10 second break and repeat, doing the stretch 3 times. The stretch can be performed multiple times throughout the day. You will feel the stretch in your forearms, biceps and pectoralis muscles. Regardless of the side that you are having symptoms, perform on both sides.