

# SHOULDER & WRIST STRETCHES

If you have any questions - please let me know at your next visit!  
~ Dr. Amanda



## FLOOR WRIST STRETCH 1

Kneel on the floor and place your palms onto the floor with the inside of your elbow pointing away from your body. Slowly sit back until you feel a stretch.

10+  
hold

2-5  
reps

2+  
x/day



## FLOOR WRIST STRETCH 2

Kneel on the floor and place the back of your hands onto the floor with the point of your elbow pointing away from your body. Slowly sit back until you feel a stretch.

10+  
hold

2-5  
reps

2+  
x/day



## STANDING SLEEPER STRETCH

Stand with your shoulder next to a wall and your straight in front of your shoulder at a 90 degree bend. Gently use your opposite hand to press your arm down into internal rotation. Feel the stretch in the back of your shoulder.

10"  
hold

2-5  
reps

2+  
x/day

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## PEC STRETCH - LOW

Stand in an open doorway.  
Raise an arm up to the side, bent at ~70 degree angle with palm forward. Step forward into a stretch.  
Feel the stretch in the front of your shoulder and chest.

5"  
hold

2-5  
reps

2+  
x/day



## PEC STRETCH - MID

Stand in an open doorway.  
Raise an arm up to the side, bent at 90-degree angle with palm forward. Step forward into a stretch.  
Feel the stretch in the front of your shoulder and chest.

5"  
hold

2-5  
reps

2+  
x/day



## PEC STRETCH - HIGH

Stand in an open doorway.  
Raise an arm up to the side, bent at ~120 degree angle with palm forward. Step forward into a stretch.  
Feel the stretch in the front of your shoulder and chest.

5"  
hold

2-5  
reps

2+  
x/day