

Anterior Shoulder/Chest

Doorway Stretch:

- Stand in a doorway with hands and arms out to the side as shown in picture. Keep forearms flat on door frame.
- Either keep feet flat on the ground under hips (pictured) or step forward with one leg
- Lean forward with your torso. You should feel a comfortable stretch across your chest.
- Hold that position for 30-60 seconds. Repeat 3 times. Perform 2 times per day.

