

# Anterior Shoulder/Chest

- While standing, clasp your hands behind you at your lower back. You can also grasp the ends of a towel or rope.
- Straighten spine, push shoulders down and pull your hands down away from your lower back. Think about trying to straighten your elbows while dropping your shoulders down away from your ears.
- Hold for 30-60 seconds. Repeat 2-3 times.
- To deepen this stretch, hinge forward at the waist and gently raise arms off lower back, if possible.
- Do not wrench your shoulders forward. If this is too much, back off from lifting your clasped hands and leave them resting on your lower back while still hinging forward.
- Hold for 30-60 seconds. Repeat 2-3 times.



