



Arm and Shoulder Stretch

Using a yoga strap can be an effective way to stretch and release the arm, shoulder, and neck. Simply loop the end of the strap through the buckle and slide your hand through the loop. Keep the loop loose enough so that there is no excessive pressure. **DO NOT GRASP** the loop; instead let the hand hang loosely. If padding is needed, fold a washcloth or similar under the strap to avoid cutting into the wrist. Step on the loose end of the strap and lean in the other direction. Play with the amount of strap that hangs down to the side to assure that you are getting mild traction once you begin to lean. Explore different directions of body lean to isolate areas of tightness in your body. Once you have found significant areas of restriction, remain in that position for 3-5 minutes. Allow your body to move in response to the releases. Repeat on both sides as needed.

Disclaimer: The information provided above is intended for use in conjunction with a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.

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