



Chest and Shoulder Self-Stretch

The purpose of this stretch is to stretch the front of the neck, shoulders, and chest. Your therapist will have helped you isolate areas of tightness which would benefit from this self-stretch. Place a piece of Dycem™ or non-slip shelf liner over the tight area and with one or both hands, gently “take of the slack” in the tissue in one direction until you feel resistance. Hold that barrier, not trying to force through it, until you feel a stretching or loosening. Continue to follow until a reduction in the symptom is noted. Repeat as directed by your therapist.

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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