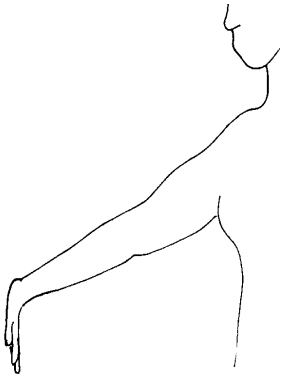


Soft Tissue Specialists

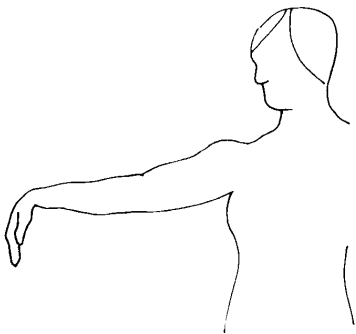
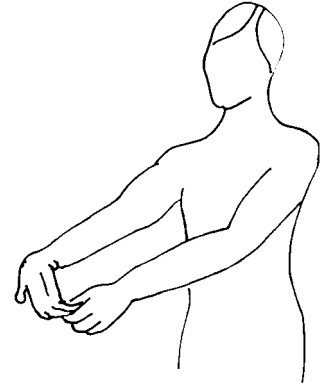


Forearm Flexors

Position: Sitting or standing with your arms straight and your elbows locked

Instruction: 1) Point your fingers towards the ground. 2) Using your opposite hand pull your hand towards your body. 3) Without letting your arm or wrist move, turn the inside of your elbow towards the ceiling. You should feel a stretch through the top of your forearm.

Repetition: Hold the stretch for 20 seconds and repeat 3 times each side.

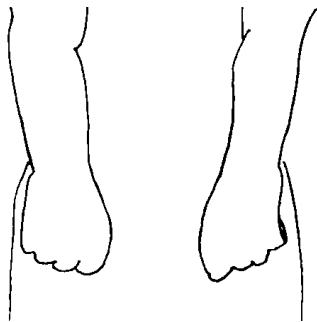
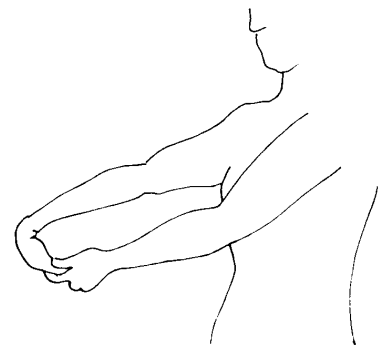


Forearm Extensors

Position: Sitting or standing with your arms straight and your elbows locked

Instruction: 1) Point your fingers towards the ceiling. 2) Using your opposite hand gently pull your fingers back towards your head, hold the stretch for 20 seconds and repeat 3 times each side. You should feel a stretch along the inside of your forearm. 3)

Repetition: Hold the stretch for 20 seconds and repeat 3 times each side.

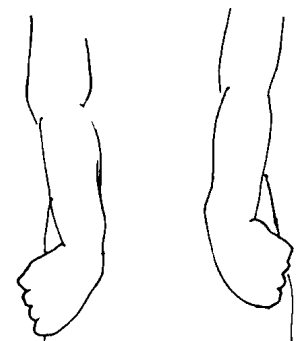


Flexor Pollicis Longus

Position: Gently clench your fists with your fingers over your thumbs and your arms straight.

Instruction: 1) Bend your fists towards the floor. 2) Keeping your arms still, turn your fists towards the outside while keeping them pointing down. You should feel a stretch along the medial aspect of your wrist and into the thumb.

Repetition: Hold the stretch for 20 seconds and repeat 3 times each side.

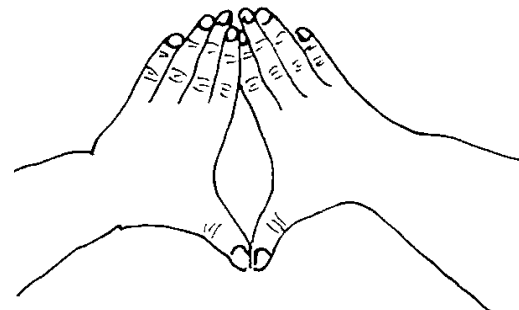


Adductor Pollicis

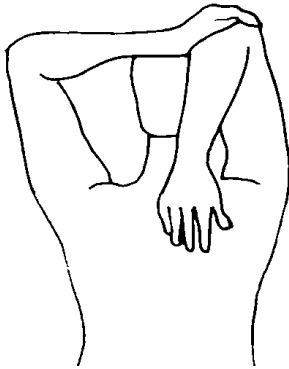
Position: Place your palms flat on a flat surface with your pointer fingers and thumbs together.

Instruction: 1) Gently push your hands together. You should feel a stretch along the inside of your hand and thumbs.

Repetition: Hold the stretch for 20 seconds and repeat 3 times each side.



NOTE: *Stretching should NEVER be painful, if you experience pain stop immediately and speak to a Myotherapist before resuming.*

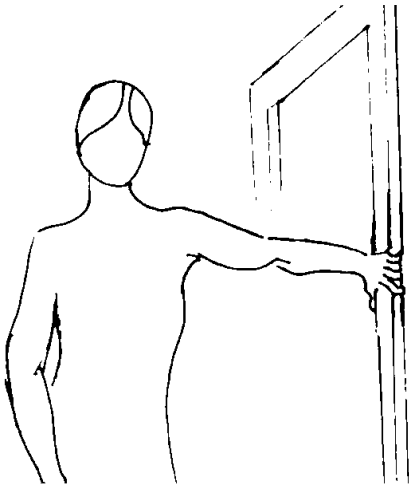


Triceps

Position: Standing or sitting

Instruction: 1) Lift your right arm up towards your right ear. 2) Bend your right elbow so you are reaching your hand down towards your shoulder blade. 3) Using your left hand gently pull your right elbow towards the left side. You should feel a stretch down the right arm from your elbow to your shoulder.

Repetition: Hold the stretch for 20 seconds and repeat 3 times each side.

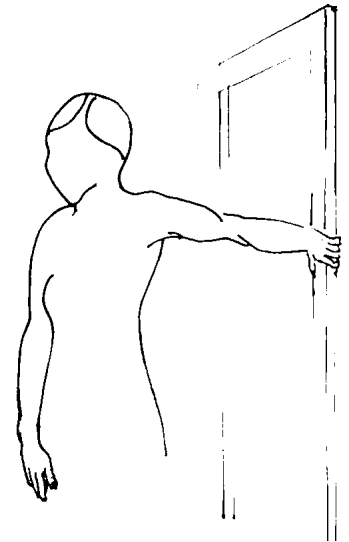


Biceps and Coracobrachialis

Position: Standing arms distance from a door frame or a pole, with your left arm straight, your hand in the empty can position (thumb pointing downwards) and hand below shoulder height.

Instruction: 1) Stand in a straight line from your hand. 2) holding your palm flat onto the frame or pole, and keeping your arm straight, slowly turn your body to the right until you feel a small stretch down the front of your arm.

Repetition: Hold the stretch for 20 seconds and repeat 3 times each side.

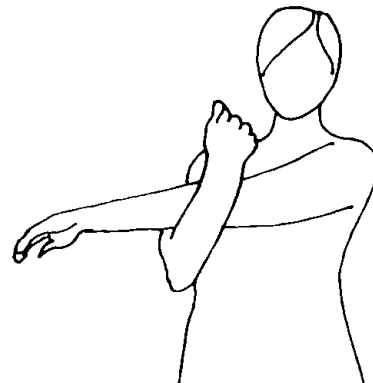


Rhomboids

Position: Standing or sitting

Instruction: 1) Bring your left arm across your body while keeping your elbow straight. 2) Use your right arm to pull your left arm closer to your chest. 3) Try to pull the left arm away from your chest, but resist the movement with the right arm. You should feel a stretch through the back of your left shoulder blade.

Repetition: Hold the stretch for 20 seconds and repeat 3 times each side.



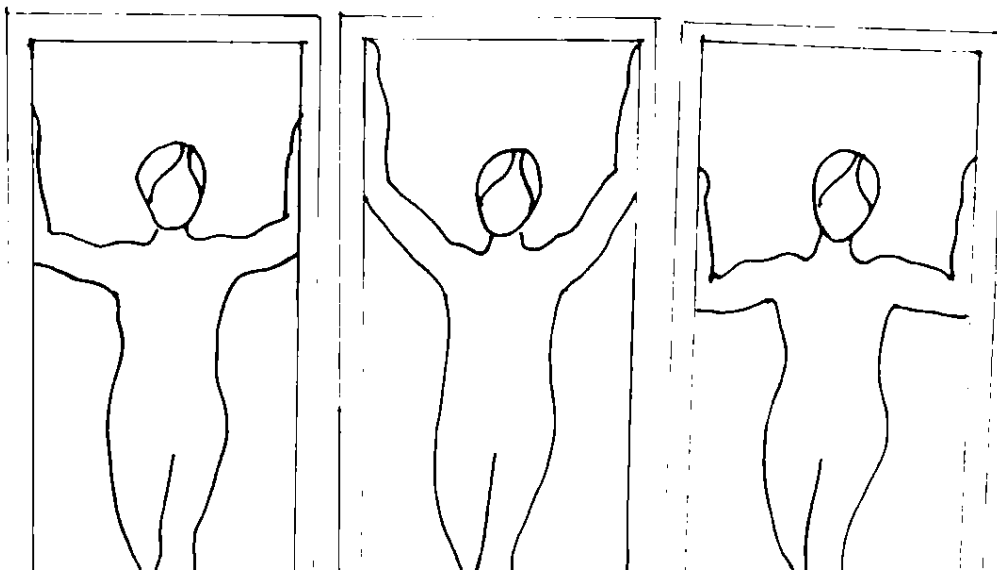
NOTE: *Stretching should NEVER be painful, if you experience pain stop immediately and speak to a Myotherapist before resuming.*

Pectoralis Major

Position: Standing in a doorway with your forearms and palms resting flat along the edge

Instruction: Position 1) With your elbows at shoulder height, slowly step forward and lean your body weight into the doorway. You should feel a stretch horizontally through the front of your chest. Position 2) Bring your elbows well above your shoulder height, slowly step forward and lean your body weight into the doorway. You should feel a stretch from your shoulders diagonally down towards your ribs. Position 3) Bring your elbows below the height of your shoulders, slowly step forward and lean your body weight into the doorway. You should feel a stretch from your shoulders going diagonally down and out towards your arms.

Repetition: Hold the stretch in each position for 20 seconds and repeat 3 times.

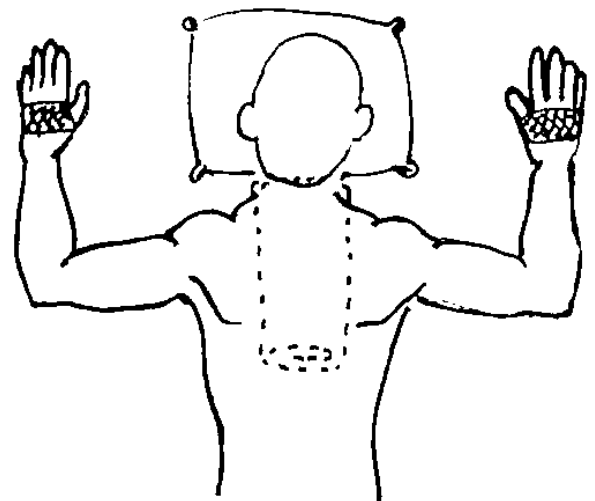


Pectoralis Minor

Position: Lying on the floor with a rolled up towel along your spine from your neck to the mid back, and a pillow supporting your neck. Hold light hand weights (under 400g).

Instruction: 1) Bring your arms up to shoulder height, and keep your elbows bent to 90° 2) Relax your arms and let them drop back towards the floor while holding small hand weights in both hands.

Repetition: Hold the stretch for 20 seconds and repeat 3 times.



NOTE: Stretching should **NEVER** be painful, if you experience pain stop immediately and speak to a Myotherapist before resuming.