

This handout is to be used as a guide only. Please consult your Remedial Therapist or health provider before beginning any new stretches or exercises.

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# Arms, Chest & Lat Stretches

## TRICEPS



Bend your elbow & shoulder, positioning your arm above & behind you. Use the other arm to hold the elbow and pull it back till an effective stretch is felt. Hold for approx 10-15 secs & repeat 3x

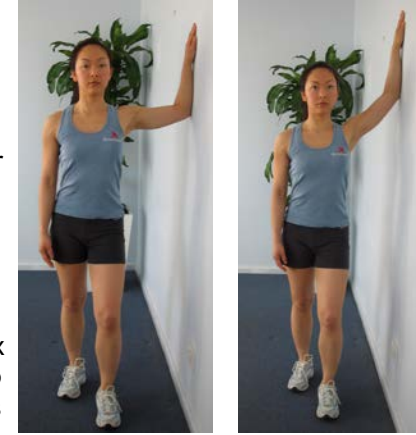
## TENNIS ELBOW/FOREARM EXTENSORS

Bend your arm & make a fist with your thumb inside. Turn your hand down & bend your wrist in. Then straighten your arm and twist slightly inwards until a stretch is felt towards the outside of your elbow. Hold for approx 10-15 sec & repeat 3x.



## CHEST/PECS

Standing against a wall or using a doorframe as resistance, place your forearm on the wall (or doorframe) at 90degrees, then step forward until you feel a stretch. Next, move your arm up to approx 120 degrees and step forward till a stretch is felt in the chest. Hold each position for approx 10-15 secs & repeat 3x.



## BICEPS



Clasp hands together behind your back and extend arms backwards until an effective stretch is felt in the front of your upper arms. Hold for approx 10-15 secs and repeat 3x.

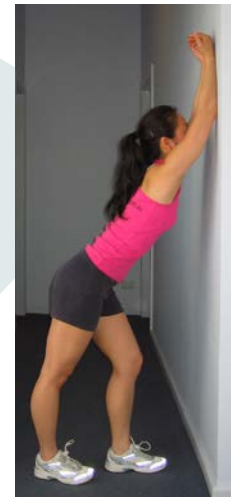
## GOLFERS ELBOW/FOREARM FLEXORS



Using your free hand to assist, gently straighten & bend back your fingers, wrist and elbow until a stretch is felt on towards the inside of your elbow. Hold for approx 10-15 secs and repeat 3x.

## LAT DORSI

Position palms up with arms extended overhead & resting against a wall. Push your body down & forwards until a stretch is felt under your arms. Hold for approx 10-15 secs & repeat 3x.



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