

## ANTERIOR SHOULDER: PECTORALIS MAJOR & MINOR STRETCH

In a doorway you can do this with both arms at the same time or one side, depending on your condition or what you are trying to achieve.

Start by standing with your arm(s) out at 90° and elbows bent holding the doorframe. Step thru the door keeping your body upright. Just until you feel a pull and no discomfort. Hold this position 45-90 sec or longer.



Move your arm(s) up to about 135° and step thru the doorway again. Hold 45-90sec

Then move your arms down to 45° and repeat.

These positions will stretch get all the fiber directions of the large pectoralis major muscle. The lower angle stretch will affect pectoralis minor, subscapularis, and serratus anterior better than the other angles.



\*As with all stretches you only want to take a stretch until you feel a slight pull but no pain or tenderness. If you over-stretch either pushing it too far or too many times you can weaken or hurt the muscle. You want to hold the stretch long enough to be effective: 45-90 seconds is a good rule of thumb but some muscles have better results with a stretch longer than 90 seconds. If you stretch less than 90 seconds the muscle will elastically recoil especially if it is under 30 seconds. It is better to do 1 long stretch than multiples of a shorter stretch. As you hold the stretch you should feel it give and feel looser, as this happens you can take up the slack a bit and continue to hold til the 90 seconds. Don't forget to BREATHE! Nice slow abdominal breathing will help the muscles release faster. If the stretch suddenly becomes uncomfortable or increases your symptoms then stop the stretches immediately and talk with your RMT.