



Balance & Motion

MASSAGE THERAPY

Chest & Low Back Stretches

Proper technique for static stretches: 1) Warm up for 5-10 minutes. 2) Perform the movement until you feel a mild pull sensation. 3) Hold position for 20-30 seconds or until you feel the mild stretch sensation decrease. 4) Stretch both sides twice. **SP** = starting position **M** = movement **FS** = feeling of stretch



Pectoralis Major

SP: Elbow against doorframe, straight line from shoulder, legs staggered (opposite leg forward).
M: Shift hips forward
FS: Front of chest



Pectoralis Minor

SP: Shift shoulders back and down.
M: Clasp hands behind back and pull down.
FS: Front of chest



Latissimus Dorsi

SP: Seated with legs bent underneath, butt on feet, arms reaching forward, hands on the floor.
M: Slowly walk your hands forward.
FS: Back and shoulder area.



Quadratus Lumborum

SP: Seated, arms raise above head, fingers clasped.
M: Lean body to one side, arms stretch forward at an angle, "sits" bones remain on chair.
FS: Low back and side of upper body

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