

Pec Stretch



Standing in a doorway, make sure body is parallel with the door frame to ensure you are getting a full pec stretch. Raise arm up to 90 degrees and lean your whole body forward feeling a big stretch in the front of your chest. This movement should be done continuously moving, so lean forward to feel the stretch and then return to start. You can change how high or low your arm rests on the door frame to stretch different fibers of the pec muscles.



Find a corner and bring both elbows up to the corner walls and lean whole body into the corner so you can feel a stretch of both pec muscles. Change the position of the arms, higher or lower, to feel different fibers of the pec muscles stretching. Make sure to continuously move during this stretch rather than holding in one position for a long period.

*Perform 10 of each movement, slow and controlled, @2x daily or at your doctor's recommendation. *



In Motion Spine & Joint Center

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