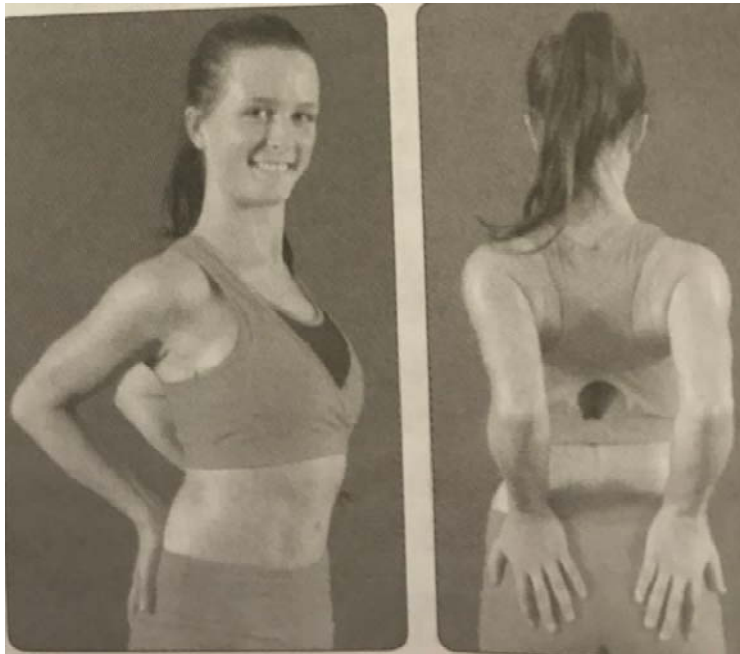




Robyn Dey RMT
Massage Therapy

Serratus Anterior Stretch



Instructions:

1. Always warm your muscles before exercising.
2. place both hands on back of hips with fingers pointing down and squeezing elbows together and.
3. push chest forward.. Taking a deep breath in will further enhance the stretch.

Serratus Wall stretching: Place your stretch side palm on the upper part of the back of your waist so your thumb is pointed toward your pelvis and your fingers are nearly touching your lower back. Brace your upper arm against a door frame or wall. Take a step forward with the foot nearest the wall and slowly press on your arm/elbow

backward.

RobynDeyRMT.com