



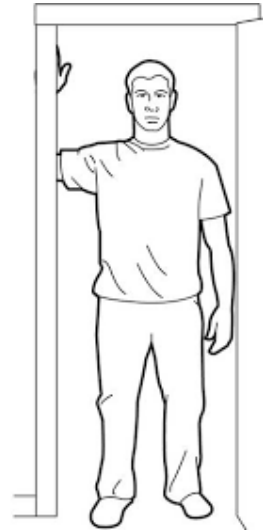
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Massage Therapy

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## Pectoralis Major Stretch 1 (doorway stretch)

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1. Always warm your muscles before exercising.
2. Stand with your bent arm braced on surface of doorway at 90 degrees (shoulder height).
3. Using the wall as a block, breathe in as you slowly lean your entire body forward and then twist your entire body away from your bent arm. You will feel a stretch pull across your chest. Face your head in the same direction as your chest. (Turning your neck does not increase the stretch)
4. Breathe out as you hold the stretch.
5. To stretch all muscle fibres of the pectoralis major, also move your bent arm at above and below the level of your shoulder. (not shown)

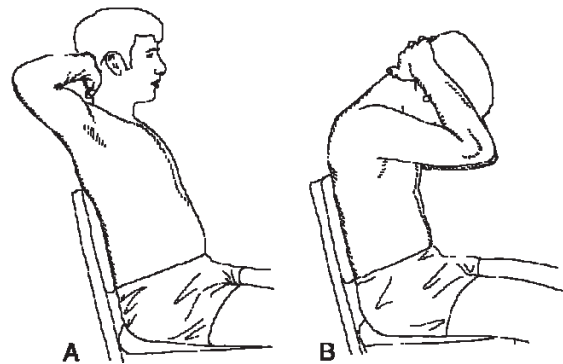


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## Pectoralis Major Stretch 2 (seated)

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1. Always warm your muscles before exercising.
2. Place hands behind head.
3. As you breathe in pull your elbows back further behind ears until you feel a pull stretch across your chest. (fig A)
4. Bring your elbows together as you breathe out. (fig B)





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## Pectoralis Major Stretch 3 (corner wall stretch)

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1. Always warm your muscles before exercising.
2. Standing, facing a corner with the arms at shoulder height (90 degrees) in a reverse T (fig A) against the wall.
3. Using the wall as a block to your arms, breathe in as you lean your entire body forward from the ankles (knees slightly flexed). You will feel a stretch pull across your chest.
4. Breathe out as your hold the stretch.
5. To stretch the lower muscle fibers of the pectoralis major muscle, also place your arms in a v shape (fig B) and repeat steps 3 and 4.

