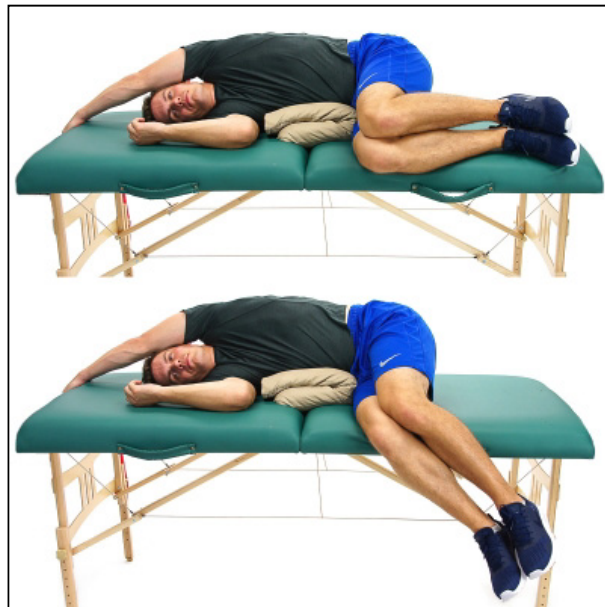




Latissimus Dorsi Stretches in order of difficulty

1. Table or Bed Lat Stretch
2. Ball Lat Stretch
3. Child's Heel Sitting Stretch
4. Arm Pull Stretch
5. Golfer's Table Stretch
6. Doorway Stretch

Table or Bed Lat Stretch



1. Always warm your muscles before exercising.
2. Lie on your side on top of several pillows as shown in the top picture. Reach top arm over head and allow legs to hang off the table/bed as shown in bottom picture. You should feel a gentle stretch along your shoulders, back and ribs. Breathe out as you hold stretch.



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Massage Therapy

Ball Lat Stretch



1. Always warm your muscles before exercising.
2. Lie on your side over a bosu or exercise ball.
3. Straighten legs. If using a bosu ball, keep feet together and use to support balance. If using a larger exercise ball, stagger your feet for balance so your top leg is behind you and bottom leg in front.
4. Reach your bottom hand towards the ground with palm facing down to help balance.
5. Stretch your top arm overhead until you feel a gentle stretch along your shoulders, rib and back. Breathe out as you hold stretch.



Child's Heel Sitting Stretch

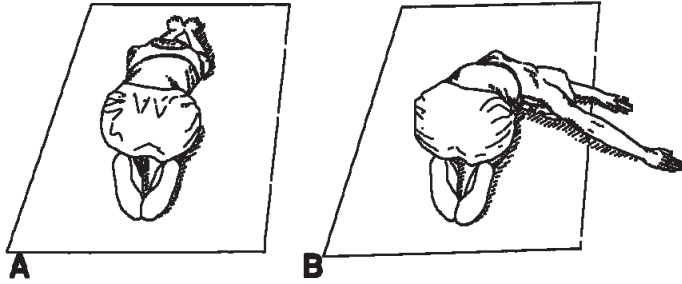


Fig C

Instructions to stretch **left** Latissimus Dorsi:

1. Always warm your muscles before exercising.
2. While on your hands and knees in a crawl position, slowly lower your buttocks towards your feet. Then lower the stomach towards the floor and reach both arms overhead with palms facing down flat on the mat as shown in fig A. Push downward through your hands.
3. Maintaining this position, slowly walk your hands to the right until you feel a gentle stretch in your back and along the left side of your body as shown in Fig B. Breathe out as you hold the stretch.
4. This can also be done with an exercise ball (Fig C)



Arm Pull Stretch



Figure A

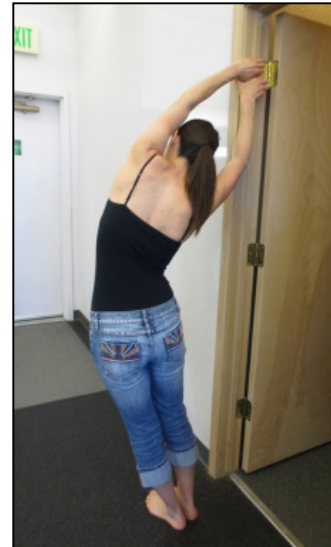


Figure B

Instructions to stretch **right** Latissimus Dorsi:

1. Always warm your muscles before exercising.
2. In a standing or seated position with arms over head, grasp the right wrist with the left hand as shown in figure A.
3. Pull the right wrist up and over to the left side of your head and bending at your trunk. Use your body weight to pin hips down and parallel to the floor. You should feel a stretch along the right side of your body. You may need to slightly bend forward as well to feel a stretch. Breathe out as you hold the stretch.
4. This can also be done by holding onto a doorframe and sidebending your torso (figure B). Keep your body squared up to the front (try not to rotate your torso).



Golfer's Table Stretch



1. Always warm your muscles before exercising.
2. Kneel in front of a stable surface waist height. Place both hands in a thumbs up position on surface. Use a pillow under knees for comfort.
3. Maintaining the arms in this position, Drop the chest between the arms by bending at the hips with a straight back until you feel a stretch under the arms along your back. Breathe out as you hold the stretch.

Alignment: Do not allow the back to arch



Doorway Stretch



Figure A



Figure B

1. Always warm your muscles before exercising.
2. Hold on to a door frame with your thumb up and straight arms.
3. Pull away from the doorway bending at the waist and knees so your arm is above your head as shown in Fig A. You should feel a gentle stretch along your shoulder and back. Breathe out as you hold the stretch.
4. To increase the intensity of the stretch, lead the head under the arm by slightly rotating your trunk towards the side being stretched as shown in Fig B.