

Healthy Balance Massage Therapy



Laura Kelly RMT
Melissa Blois RMT

389 King Street, Windsor NS
Laurak-s@Hotmail.com
Melissa_Blois@Hotmail.com
(902) 792-1506



UPPER BODY STRETCHING

Things to remember:

- Keep back straight and shoulders relaxed. Make sure that your shoulders don't end up by your ears and that you aren't slouching.
- Remember to breathe
- If you feel a sharp pain or pain in a joint, ease out of the stretch or change the position a little bit.
- Repeat stretches for both sides when appropriate
- Hold each stretch once you feel the "stretch sensation" and keep it there until that sensation goes away. Timing varies for each person and will vary each time you stretch.
- Try these stretches anywhere! See if you can do them in the car (as a passenger), brushing your teeth, in bed before you get up or before you fall asleep, while studying, reading or watching T.V.



Armpit Sniff/ Shoulder and Neck:

Put right ear to right shoulder, turn head so you are looking at your right armpit (or sniffing). If no stretch is felt, apply light pressure with your right hand to the back of your head.



Mid-Back:

Bend both elbows in front of you, hands in front of your face. Cross one elbow over the other and bring palms of hands together (if possible). To increase stretch, raise arms while they are bent in the position.



Doorway Stretch for Pecs:

Upper Fibers- Stand in doorway and place hands at lowest comfortable angle. Lean into room.



Doorway Stretch for Pecs:

Middle Fibers- Stand in doorway and place hands (if needed, forearms as well) at shoulder height. Lean into room.



Doorway Stretch for Pecs:

Lower Fibers- Stand in doorway and place hands at highest possible angle without using the upper border of the door. Lean into room.

** Be sure to keep back straight while doing stretches **



Lats:

Stand 2 to 3 feet away from a wall (more distance if you're quite tall), place hands on wall just above head, shoulder width apart and bend at the waist (stick out bum). Look at the floor and try to increase stretch by moving torso down and increasing the bend at the waist/stick your bum out more.

Lower shoulder:

Same stretch as Lats, but kneel on the floor while sitting on your heels, place hands above your head on a chair or bench. Move farther away from the chair if no stretch is felt.



Model Pose/Shoulder:

Stand or sit with hands on the inside of your hips, fingers pointed in. Bend forward slightly and let your elbows fall towards the floor



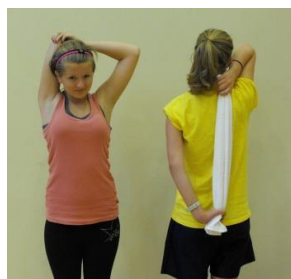
Upper Shoulder:

Without bending, pull arm down and in front of your body.



Biceps:

Stand two feet away from the wall with your back to it, reach back with your elbow straight and your palm up. Slowly flex knees to increase stretch.



Triceps:

Pretend you're scratching your upper back; elbow bent and up by your head, hand reaching down your back. Add pressure with opposite hand to lightly push elbow back farther, or hold onto a towel behind your back



Forearm Flexors:

With elbow extended and in front of you, bend wrist back (palm exposed) and use opposite hand to lightly increase stretch.

Forearm Extensors:

With elbow extended, bend wrist down (palm hidden) and use opposite hand to lightly increase stretch.
