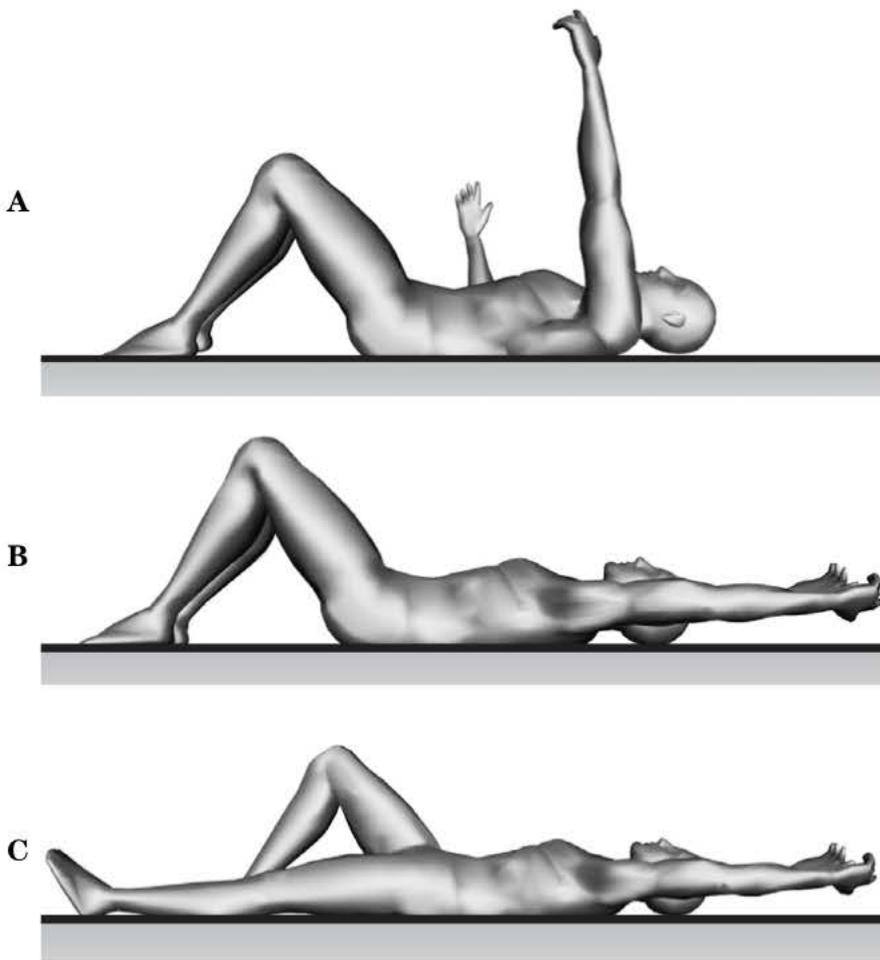


Shoulder Flexion — Elevation With Elbow Extended and Latissimus Dorsi Muscle Stretch (Figures A-C)

- Purposes:**
- To stretch the latissimus dorsi muscles
 - To increase the flexibility of the pectoralis major muscle
 - To increase shoulder joint motion
 - To decrease the upper back curve
 - To improve the performance of the abdominal muscles

Starting position: Bend hips and knees with feet on floor, arms at side.



- Method:**
- Perform variation if box is checked
 - Contract abdominal muscles by “pulling your navel toward your spine”
 - Raise one arm overhead as far as possible, STOP if any pain or discomfort is experienced on the top of your shoulder
 - Raise both arms overhead as far as possible, STOP if any pain or discomfort is experienced on the top of your shoulder
 - Use _____ pounds in _____ one hand
 - Use _____ pounds in _____ both hands
 - Let your weight pull your arm toward the table for _____ seconds
 - Slide one leg down while keeping your arms overhead and your back flat (see Figure B)
 - Slide your alternate leg down so both legs will be straight; maintain your arms overhead and your back flat (see Figure C)

Repetitions: _____