

# Wall Stretches

Hold each stretch for 20-30 seconds

## Upper Back Stretch

**(To improve posture and reduce pain in shoulders)**

1. Stand facing a wall (one outstretched arms distance away)
2. Put your hands on the wall, as high up as possible keeping the arms parallel.
3. Lean into the wall and slide the palms down, arching your back.
4. Work on bringing the chin and chest as close to the wall as possible.



## Calf Stretch

**(Relieve pain and tightness in calf muscles)**

1. Stand a couple of feet away from a wall, facing it.
2. Lean forward against the wall. Support your weight on your forearms.
3. Try to keep your heels on the ground while stretching. Hold the position for the desired amount of time.

## Chest Stretch

**(Helps open up chest & loosen shoulder muscles)**

1. Place your forearm on a solid & sturdy surface with your shoulder joint and elbow joint at 90 degrees.
2. Slowly turn your body away from your arm until you feel a good stretch in your chest.



## Door Frame Stretch

**(Reduce tight pectoral muscles & improve range of motion)**

1. Place your hand(s) on the frame of door
2. Move your body forward while keeping the arms in place until you feel the stretch in your chest.
3. The placement of your hand can be repositioned to target different areas of the chest.

