



Bloomsbury Osteopathy

# Shoulder Exercises

## Stretch of pectoral and deltoid muscles

### SHOM10

#### Function:

To stretch and relax the pectoralis and deltoid muscles, the muscles of the arms, as well as the ligaments, capsule and tendons attached to the shoulder.

#### Method:

##### Starting Position:

Stand with legs slightly apart. Place both hands behind your back and lock your fingers together.

##### Action:

Gradually push your hands downwards and slightly upwards. Stick your chest out and take a very deep breath. Hold this for a few seconds, relax and repeat.

##### Notes:

During the stretch be sure to keep your back as upright as possible,

STRETCHES OF THE:  
PECTORALIS MUSCLES  
SHOULDER LIGAMENTS AND MUSCLES  
(SHOM10)



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