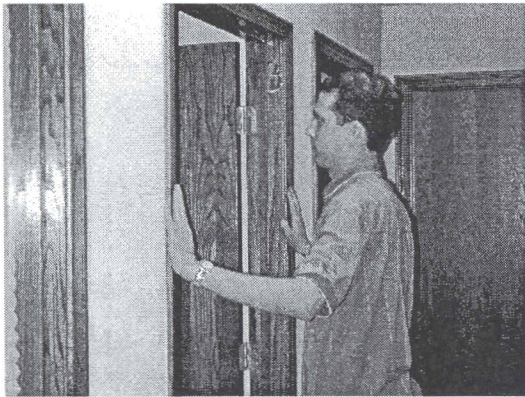


## Shoulder Relaxation and Chest Expansion

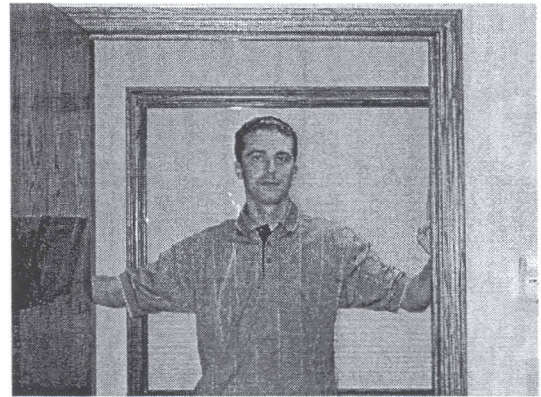
**Purpose:** Reduce strain and tension of the trapezius muscles bilaterally reduce cervical tension and stretch muscles of the anterior chest wall.

**Directions:** Patient stands six inches to one foot beyond the opening of a door frame, hands placed on the door frame at shoulder height. Patient extends into the open doorway to feel relaxation of the trapezius muscle and to feel chest muscle stretch. Patient holds for two deep breaths (in through the nose out through the mouth) repeated for five repetitions. This exercise should be done four times a day. This activity is extremely helpful for patients whom sit at a desk, use a computer or telephones on a daily basis.

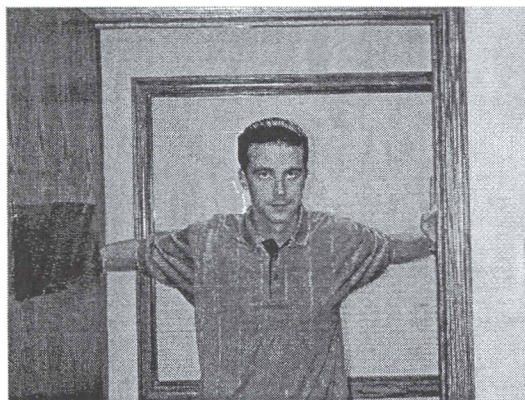
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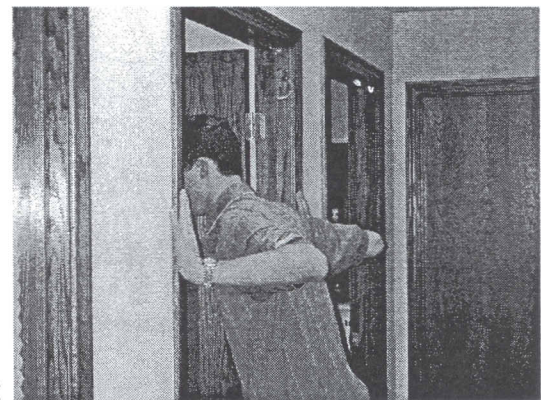
Step 1:



Step 2:



Step 3:



Step 4:

1x/day

2x/day

3x/day

4x/day