



SELF-MANAGEMENT 26-5 *Latissimus and Scapulohumeral Muscle Stretch*

Purpose: To stretch the trunk muscles that attach to your arm and the muscles that originate on the shoulder blade and attach to your arm.

Starting position:

- Lie on your back with your hips and knees bent and feet flat on the floor.

To stretch your scapulohumeral muscles, you need to prevent your shoulder blade from sliding out to the side. To do this, you need to hold the outside edge of your shoulder blade with the opposite hand.

Movement technique:

- Raise your arm over your head, keeping the arm close to your ear. When you feel your back arch or your shoulder blade slide out to the side, stop the movement.
- Rest your arm on the appropriate number of pillows so that your arm may relax in the position previously determined.
- Hold the stretch for the prescribed amount of time, and lower your arm back to your side. Keep your shoulder back as you lower your arm, and do not let it roll forward.

Dosage

Hold the stretch for _____ seconds

Sets/repetitions _____

Frequency _____

