

FRONT SHOULDER OPENER





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Target area:

Front of shoulder tendon area
Pecs and Bicep with arm bent

Method:

Lie on your stomach with left ear on the floor.
Stretch your left arm to the side making sure it comes directly out of the shoulder socket.
Place your right hand by your chest on the floor.
Bend your right leg at the knee.
Using your right hand gently push yourself to flip onto the left side hip.
Allow your right foot and bent leg to fall behind the straight left leg onto the floor.
Make sure the front of the left shoulder is still touching the floor. If it has come off then you have gone too deeply too quickly into the stretch. Return your body close to the floor till the front shoulder connects again with the floor.
A strong burning sensation at the front of the shoulder is felt.
The head must be touching the floor and the neck relaxed.
For a stretch in to the Pec and Bicep bend the outstretched arm to a stop sign position.

Hold Time:

3mins - 5mins

When to do:

After long day at computer or driving.
Before bed