

## Stretching Guide: Pectoralis Minor



1. Place your arm at a 45 degree angle to the wall with your elbow bent and fingers pointed toward the ceiling.

2. Contract the muscles in the back of the shoulder. Lean forward focusing on the whole shoulder and scapula moving backwards.

3. Once the shoulder is fully back, actively exhale fully in order to lower the ribs down and stretch the muscle fully.

Note: It is very important during step 2 to contract the muscles in your upper back and shoulder blade area to make sure the shoulder moves back properly. Without this, the pectoralis minor will not stretch properly.