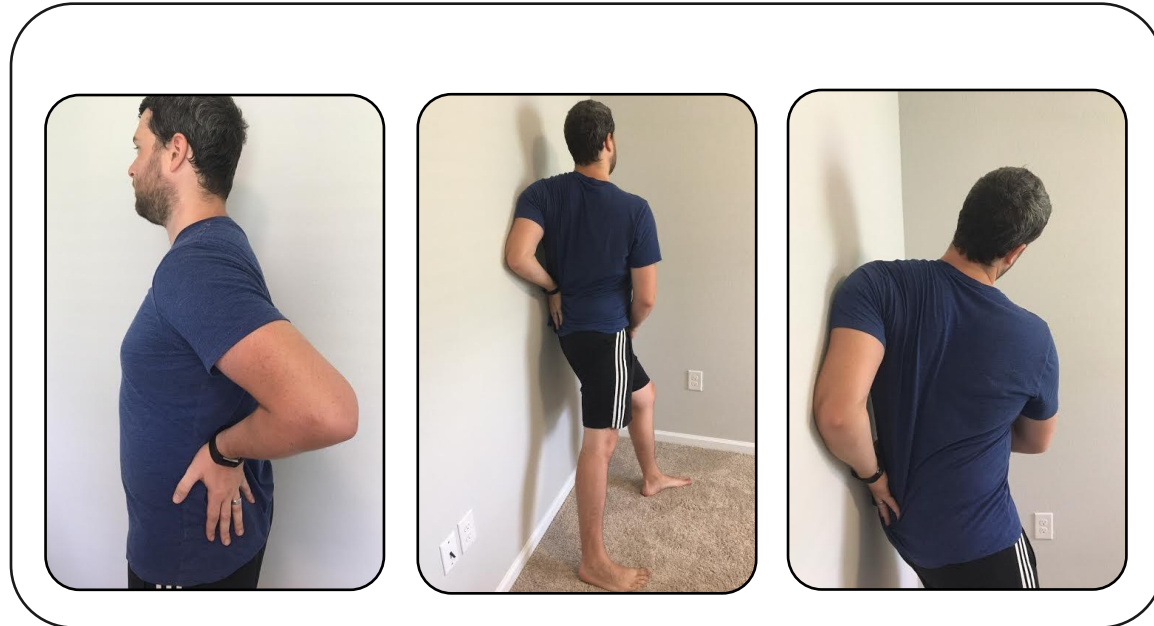


## Stretching Guide: Serratus Anterior



1. Place your your palm as an anchor on your hip creating a wing shape with your arm. This hand should not move during stretch.

2. Place the elbow against the wall and lean toward the wall; allowing the elbow and scapula to move as far behind your back as possible.

3. Maintain the elbow position, and rotate the torso away from the wall while also leaning your torso to the opposite side to finish stretch.

**Note:** The amount of weight needed to push the arm and scapula medially is probably more than you think. Do not be afraid to lean your body weight against your arm to gain maximum retraction of the scapula.