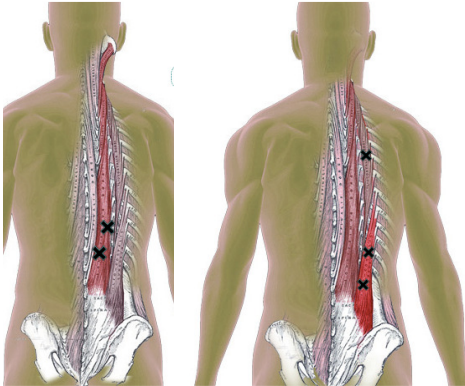


Trigger Point Stretches – BACK, CHEST, ABDOMEN

OMS IV Erin Mary Gray

Western University of Health Sciences, COMP-NW

ERECTOR SPINAE

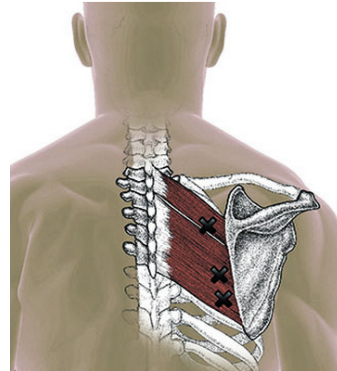


Sit in a chair with feet flat on the floor.
Gently roll forward, tucking chin to chest.
Continue to roll forward, as though you are unwinding your spine.
Go as far as is comfortable.
Hold for count 10-20.

Repeat 3-5 times, 2-3 times per day.

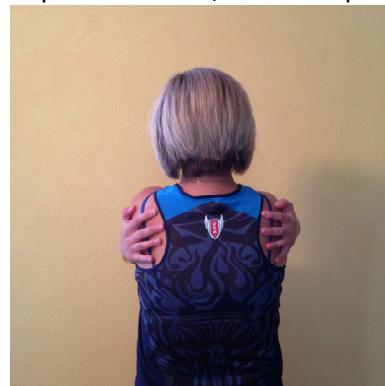


RHOMBOIDS



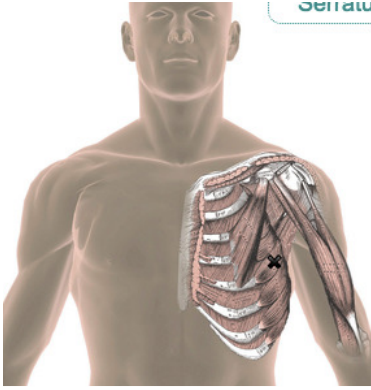
Stand with your arms straight out in front of you.
Cross one arm over the other.
Bend elbows, reach around to give yourself a hug.
Hold for a count of 10-20.

Repeat 3-5 times, 2-3 times per day.



SERRATUS ANTERIOR

Serratus



To target the **Right** side:

Stand with your arms at your sides.

Put **Right** hand on stomach with elbow pointing back.

Reach **Left** hand behind your back.

Gently pull your **Right** elbow back while still holding onto stomach.

Hold for a count of 10-20.

To target the **Left** side:

Stand with your arms at your sides.

Put **Left** hand on stomach with elbow pointing back.

Reach **Right** hand behind your back.

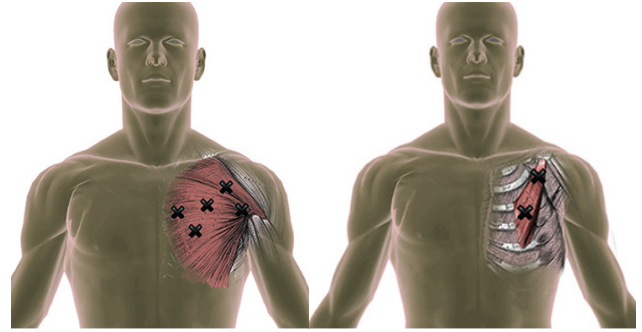
Gently pull your **Left** elbow back while still holding onto stomach.

Hold for a count of 10-20.

Repeat 3-5 times, 2-3 times per day.



PECTORALIS



To target the **Right** side:

Stand with your **Right** side closer to a wall.

With elbow and shoulder at a 90 degree angle, place lower arm flat against wall.

Lean forward to apply gentle traction.

Hold for a count of 10-20.

To target the **Left** side:

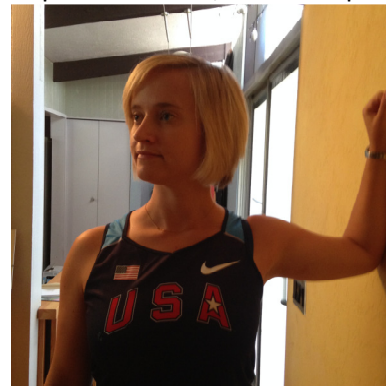
Stand with your **Left** side closer to a wall.

With elbow and shoulder at a 90 degree angle, place lower arm flat against wall.

Lean forward to apply gentle traction.

Hold for a count of 10-20.

Repeat 3-5 times, 2-3 times per day.



OBLIQUES



To target the **Right** side:
Stand with arms at side.
Reach **Right** arm up in the air as high as possible.
Gently lean toward the **Left**.
Hold for a count of 10-20.

To target the **Left** side:
Stand with arms at side.
Reach **Left** arm up in the air as high as possible.
Gently lean toward the **Right**.
Hold for a count of 10-20.

Repeat 3-5 times, 2-3 times per day.

