

Seated Tricep Stretch

The largest muscle of the upper arm is the bicep, right? Actually, it's the tricep. It occupies the back or posterior aspect of the upper arm. It acts both on the shoulder and on the elbow and if it loses pliability, shoulder and elbow pain

can result. Every time you lift yourself out of an armchair or raise your body out of bed, your tricep has been there to help.

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Model: Courtney Miller Photos by: Darlene Czech

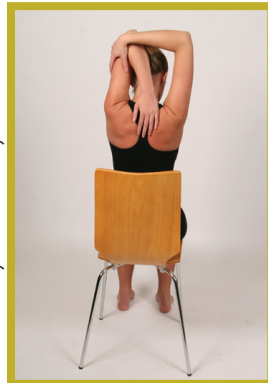


Figure 1



Sit comfortably in the chair and reach one hand behind your head to the upper back as if you needed to scratch the base of your neck. Place the other hand on top of the elbow and gently pull the elbow as far as comfortable. Inhale, exhale. Repeat on the other side.



Repetitions:

X Per Day:

Notes:

"All human beings should try to learn before they die what they are running from, and to, and why."
-James Thurber

