

Arm Cross Stretch

Don't slouch. Stand up straight! Did anyone ever yell this to you as a child? If they did, you then engaged a small group of muscles called the rhomboids to retract your shoulder blades (scapula). The rhomboids, which are the target of the following exercise, constitute the most

common area people desire to have pushed on. Upper back pain can be the result if these muscles are restricted. These muscles can also be aggravated by a head forward, slouched posture, as they try to fight the downward effect of gravity.

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Model: Courtney Miller Photos by: Darlene Czech

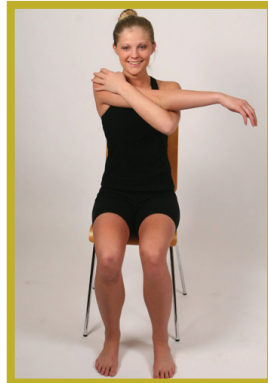


Figure 1



Sit comfortably in a chair. Reach one arm across the body and begin to assist its movement by grasping the upper arm above the elbow. Inhale and on the exhale gently attempt to move the arm a bit further. Repeat this 2 more times and do the same on the other side.



Repetitions: _____ X Per Day: _____ Notes: _____

How tight are your rhomboids? Try placing your fingers on top of each corresponding shoulder and attempt to touch your elbows together. *Could you do it?*

