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### **Corner Stretch**

Good movement to counter postural problems such as long hours sitting at a desk, slouching, burning pain across the shoulders.

**Target Muscles:** Chest, front of the neck and shoulder blade muscles.

**Action Desired:** Decreasing forward head posture, pulling the scapula back, loosen up the pectoral muscles.

#### **Steps:**

1) Stand facing the corner. Place palms and forearms on opposite walls with elbows bent at a 90 degrees (Fig.1).

2) Inhale, then exhale and gently lean in towards the wall (Fig.2). You should feel a gentle stretch in the pectoral muscles on your chest.

**Note:** Hold stretch just to a point where it feels challenging but causes no pain or discomfort. This is like doing a push-up on the wall. You may feel your shoulder blades “kissing” in the back, do not “bounce”. Be sure to keep the movement slow and controlled.

**Repetitions:** 3-4 reps in the morning and at night, holding each stretch for 10-30 seconds.



\* If these movements cause any pain or discomfort, please consult with your chiropractor.