

Hemophilia and Thrombosis Center  
University of North Carolina at Chapel Hill  
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Phone 919-966-4736  
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[www.med.unc.edu/htcenter](http://www.med.unc.edu/htcenter)  
After hours/weekend call  
Hematologist on call: 984-974-1000

## Upper Body Stretching

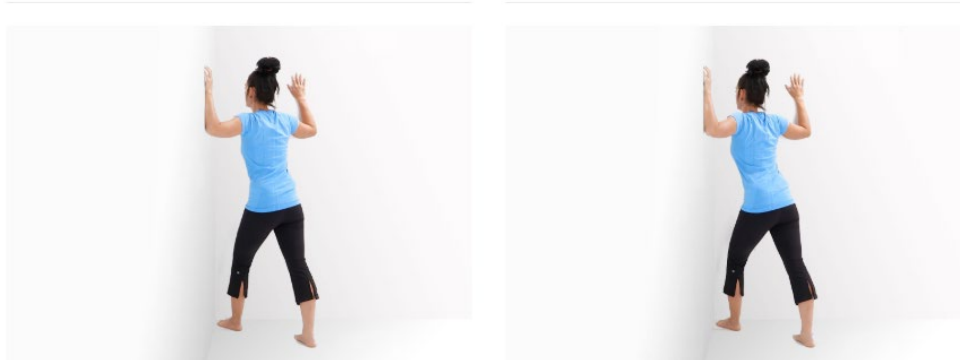
### General Stretching Tips:

1. If your body does not have enough flexibility to perform the below stretches as demonstrated, work within your range of motion or contact your HTC PT and they will guide you on how to adapt this stretch for you.
2. When you are stretching, if you feel “a stretch” it should never go above a 2/10 on a 1-10 scale. Stretching should always be gentle and never cause pain.
3. Hold a stretch for the desired length of time with the same amount of tension. Do not bounce.
4. “When should I stretch?” is commonly asked. Stretching is relaxing. It is best to stretch when first waking up to help with decreasing stiffness and being “ready for the day” or after activity/exercising to encourage muscles to relax.

### Pectoralis Muscles Corner Stretch

Start

End



Stand in a wall corner and place one arm on each wall, facing the corner.

With your elbows bent to 90 degrees, move forward into the corner of the wall until you feel a comfortable stretch in the pectorals. If you do not feel a stretch, move your arms up or down the wall to feel a stretch in different areas of your chest. If your elbows do not bend to 90 degrees, bend them just before your range of motion ends.

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All pictures from Physiotec.org

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Hold the stretch for 30 seconds and relax. Repeat 3 times.

### Rhomboid/Middle Back Muscle Stretching

Start

End



Stand and raise your arms forward, grasping your hands together.  
Spread your shoulder blades apart by pulling your arms forward until you feel a stretch between your shoulder blades.

Hold the stretch for 30 seconds and relax. Repeat 3 times.

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### Wrist Flexion Stretch

Start

End



Extend one arm out in front with the elbow straight, or as straight as your elbows can move.  
Use the other hand to grasp it at the side of the thumb and bend the wrist downward.  
Turn wrist towards the small finger to increase the stretch.  
You may need to lightly turn your hand in or out to maximize the stretch

Hold the stretch for 30 seconds and relax. Repeat 3 times.

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### Alternative Wrist Flexion Stretch

Start

End



Place the arms at chest height with elbows bent and hands together.  
With the back of each hand touching each other, raise the wrists till a stretch is felt on top of the forearm.

Hold the stretch for 30 seconds and relax. Repeat 3 times.

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### Wrist Extension Stretch

Start

End



Hold the palm of one hand with the other hand while keeping your elbow straight on the affected arm and pull your hand back gently to feel a stretch in the forearm.

Hold the stretch for 30 seconds and relax. Repeat 3 times.

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### Alternative Wrist Extension Stretch

Start

End



Sit up straight in a chair and look directly ahead of you.

Place the fingers and palms of your hands together.

Lower your hands and spread your elbows apart as far as you can while keeping your palms together.

Relax your hands.

When performed correctly, this exercise causes your wrists to bend back until you feel a stretch across your palms, wrists, and inner forearms.

Hold the stretch for 30 seconds and relax. Repeat 3 times.

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### Upper Trapezius Muscle Stretch

Start

End



Sit or stand in a good upright posture, with the arm on the tight side reaching back and down behind your back.

Drop your head forward onto your chest, tip your head away from the stiff side, and rotate your head toward the stiff side.

Bring your opposite hand up onto the side of your head to assist in the stretch.

Reach further behind your back to increase the stretch if needed.

Return to the starting position and then repeat.

Hold the stretch for 30 seconds and relax. Repeat 3 times.

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### Foam Roll Chest Stretch/Thoracic Spine

Start

End



Lie lengthwise on a long foam roll, knees bent, lower core engaged, and head in a neutral nod. Reach both arms up forward to 90 degrees. Slowly drop your arms out to the side, bending the elbow to 90 degrees, opening up through the front of the shoulders and chest to feel a stretch. Return the arms to upright and repeat.

Hold the stretch for 30 seconds to 1 minute and relax. Repeat 3 times.