

When DO You NEED To Stretch Your Chest Muscles? Three Tests

Pectoralis Major Test: Upper fibers, normal length. Lie on your back with your arms held out to the side at a 90-degree angle. If you're able to lay your arms flat on the bed with normal length.



Lower fibers - Lie on your back with your arms held at a 120-degree angle ("Y" shape). If you're able to lay your arms flat on the bed, normal length. Also, you should be able to prevent your back from arching while trying to lay your arms flat. Another way to check is to your fingers behind your neck and see if your elbows can be placed flat.



A final way to check (Because the pectoralis major is a medial rotator). Stand up and place your arms at your side. Check to see if your hands upon normal resting, hanging are facing backwards (tight) or towards each other (normal)



(Normal)



(Tight)

Pectoralis Minor: Lie on your back with your arms at your side. If you're unable to keep the scapula (shoulder blade) or the humerus (arm bone) on the ground, your pectoralis minor is tight. If you're able to keep both flat - normal length.

