

## Are your Neck, Shoulders, or Chest Muscles Tight? How to Tell

### NECK

1. Check flexion. Can chin touch chest?



2. Check Extension. How far can you extend your head back? Look in the mirror or film.



3. Rotation both ways - mirror or film.



4. Side Bending both ways - mirror or film.



**SHOULDERS**

They may lack range of motion and you may not know it.

You will need two pieces of tape. Tape on the wall for initial mark and a second piece for noted future improvement.



1. Shoulder flexion – (both sides)



2 ARE YOU NECK, SHOULDERS, OR CHEST MUSCLES TIGHT? HOW TO TELL

2. Shoulder abduction – (both sides)



3. Shoulder internal rotation – (both sides). Use tape to measure how far up your back you can reach. Compare right side to left side.



GOOD



BAD

4. Shoulder extension – (both sides)



## CHEST

1. Pectoralis Major Test: Upper fibers - normal length – flat on back with arms held out at a 90-degree angle (cross-shaped). Arms should be able to touch the floor or mat.



2. Lower fibers - flat on back - normal length held at a 120-degree angle (Y shaped). Arms should be able to touch the floor or mat. Also, while in this position, you are able to prevent the back from arching.



3. Another way is to check the pectoralis major. Place your fingers behind your neck and see if your elbows can be placed flat on the ground.



4. Another way is to check the pectoralis major. Check for hand position upon normal resting hanging. Are the palms of the hands facing backward (tight) or towards each other (normal)?



5. Pectoralis Minor. Lie on your back with arms at the side. If unable to keep the scapula (shoulder blade) or humerus (arm bone) on the ground your Pectoralis Major may be tight. If able to keep both flat – normal length. Can also check by leaning back on to wall.

