

ABSOLUTELY DO NOT Stretch Your Chest Muscles like This!

The shoulder is composed of a ball and a socket. When the arm is stretched behind the body, especially with the shoulder in an external rotation, it causes the ball of the shoulder to migrate forward. With the ball of the shoulder forward, it can lead to shoulder impingement, tendonitis, rotator cuff tears and the like. You need to avoid this position.

Stretches to avoid. Only bring the arms back aligned even with your trunk (neutral).

1. In the doorway with your arms, back, and shoulders forward. Only to neutral.



2. Having a partner pull arms back.



3. Lying on a narrow bench and bring the arms past the trunk while lifting dumbbell's



4. Using a stick or pole overhead and behind the upper back. Shoulders are in an external rotation.



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5. One arm in doorway and stretching back.



In each case, you may be encouraging the head of the humerus to slide forward in the glenoid fossa (socket) resulting in impingement.

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