

**Pectoralis**



Stretch chest (pectoralis major upper portion)



Stretch pectoralis major lower portion



Stretch 1 Pectoralis Minor



Stretch 2 pectoralis minor



Stretch 3 pectoralis minor

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.