

# Chest Opening

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*“There is only one corner of the universe you can be certain of improving, and that’s your own self.” — Aldous Huxley*

## What to do:

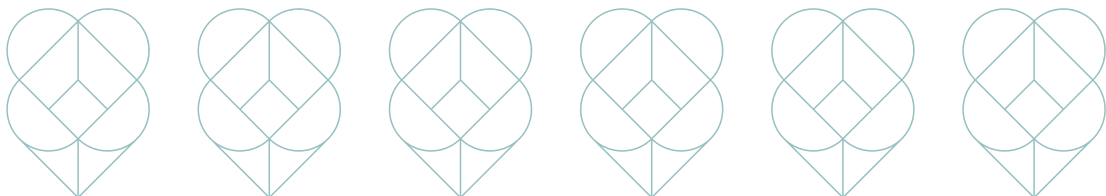
### Arms Behind Back:

- Take a comfortable standing or seated position. Begin with arms hanging by your sides and your shoulders relaxed.
- As you gently squeeze your shoulder blades together, bring your arms behind the back, bending and gripping the opposite elbow.
- Hold this for 30 seconds. Repeat three times.

### Door Frame Stretch:

- Stand in a door frame with your right leg in the front and left leg in the back.
- Bring the left arm up to shoulder height with elbow bent. Your arm should look like a goal post. Place your palm and inside of the arm on the wall surface or doorway.
- Gently press the chest through the open door.
- Feel the stretch.
- Move the arm higher or lower to allow you to stretch various sections of the chest.
- Repeat on the other side.

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## Why it is worth doing:

Almost everything we do in life is in front of us, whether we're washing dishes, sending emails, or scrolling Instagram. When we hold the same position for a long time, our muscles start to learn and thus work more efficiently. This means our chest muscles can get shortened and begin to pull our shoulders forward and not allow our shoulders to come back. This, in turn, can overstretch the back muscles and can cause long-term and acute pain between the shoulder blades. Stretching the chest helps alleviate tightness in both the front and back body.

## If you have more time:

Create a resting arm stretch by lying from head to sacrum (base of the spine) on a foam roller. If you don't have a foam roller, you can roll a bundle of blankets that will run the length of your spine. Lie down. Make sure both your head and hips are supported. Allow your arms to go to the sides like a T. Feel the stretch as they lower to the floor.

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