

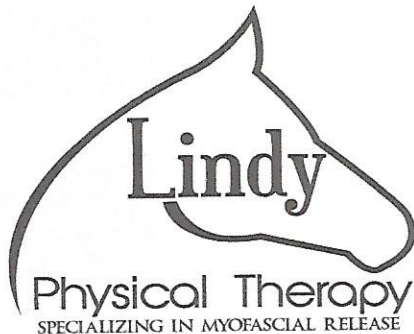
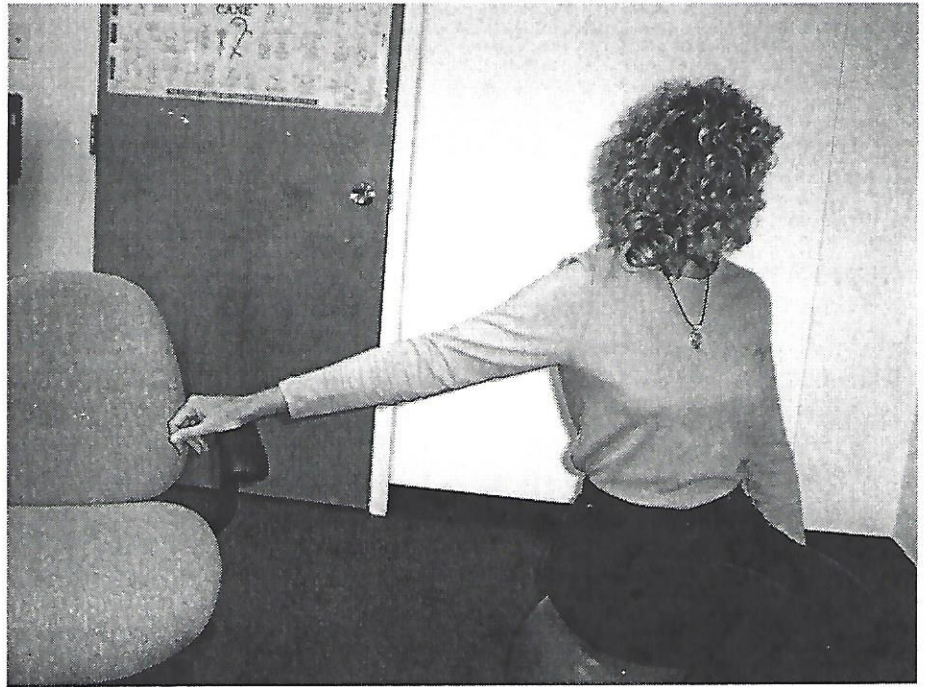
# Lindy Physical Therapy

## Specializing in Myofascial

### Arm Stretches- Active Elongation

While sitting or standing raise your arm to about 90 degrees. Let your arm rest on a chair or counter. Turn your head away and elongate (telescope) your arm outward. You can also sink your opposite hand into the soft tissue of your chest, just below the collarbone to enhance the stretch. Hold the stretch for 2-5 minutes.

**\*\*Allow yourself to play with the motions a bit to feel for areas of stretch unique to your body.\*\***



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