It's Time for a Stretch Break!

Maintain a healthy posture while studying.

Upper Trap Stretch
- Hold for 30 seconds on each side.
- Complete 3 sets of 3 repetitions
- One hand holds the seat of the chair and the other hand holds your head.
- Pull your head in the opposite direction of the hand holding the chair seat. You should feel a stretch to the side of your neck.

Thoracic Extension in Sitting
- Hold for 2 seconds at end range, return to start position.
- Complete 3 sets of 10 repetitions
- Clasp hands together and place behind neck.
- Slide hips forward in chair and place upper spine on top of chair.
- Lean backwards over chair using it as a support.

Pec Stretch (Lower Grasp)
- Hold for 30 seconds.
- Complete 3 sets
- Grasp both sides of the door as shown.
- Slowly step through the doorway until a stretch is felt near the front of each shoulder (indicated by the green dots).
- To release stretch, step back out of doorway.

For more information about the importance of stretching, ask for a pamphlet from SHAC's Physical Therapy Department!