<table>
<thead>
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<th>Stretching Program for SCI Population</th>
<th>2009</th>
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### Pectoral Stretch
- Elbow @ shoulder height & bent to 90°. Forearm is placed on a doorjamb (making contact from elbow & wrist)
- Lean slightly forward until stretch is felt in chest region
- 5 reps and hold for 20-30 seconds each time
- Repeat for other arm

![Pectoral Stretch Image]

### Biceps Stretch
- Arm is @ a 45° angle with elbow straight and thumb up
- Lower arm is placed against a doorjamb
- Rotate chair away from door until you feel a stretch in biceps muscle
- 5 reps and hold for 20-30 seconds each time
- Repeat for other arm

![Biceps Stretch Image]
**Posterior Capsule Stretch**

- 1 arm across body
- Another hand pulls the arm that is across the body further across body

**Upper Trapezius Stretch**

- Sitting with good posture
- Use 1 arm to stabilize trunk & the other arm to gently bend the head to the side
- AVOID rotating your head during the stretch