

HERTFORD / STEVENAGE CHIROPRACTIC CLINIC

ALTERNATE RHOMBOID STRETCH



Start by sitting on the front edge of a chair. Holding on the outside edge of the opposite foot keep your arm horizontal. Now start to straighten your leg which pulls your arm forward. Next start to point your toes which gets the stretch in behind the shoulder blade. Lastly try to pivot through the arm to pull the shoulder blade outwards. Hold for 15secs.



This is just a side view of the exercise. Hold for 20secs. and then redo on the opposite side. Repeat 3 times each side.



Another alternative is this one also sitting on the front edge of a chair. Lean forward and hold with your hand under the opposite foot. Come down onto your knee with the other elbow and now try to pull up on yourself, but stay standing on your hand. Alternate arms and repeat 3 times each side.