

EXERCISES

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DOORWAY STRETCH



Part 1

- Stand in between a door frame.
- Make a 90° angle with both of your arms out, fingers pointed towards the ceiling.

Part 2

- Position your elbows at ear level.
- Rest forearms on door frame, lean forwards.

Part 3

- Position your elbows at shoulder level.
- Rest forearms on door frame, lean forwards.

Part 4

- Position your elbows at mid-rib level.
- Rest forearms on door frame, lean forwards.