

Tennessee Back Pain Center

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Corner Pec Stretch – Exercise Instructions

- Find a vacant corner in a room
- This exercise will be performed standing, facing the corner.
- Stand in a split-stance position, with one foot in front of the other.
 - It doesn't matter which foot is forward
- Raise your arms until the angle between your side, armpit, and elbow makes a 90 degree angle.
- Place your forearms on the wall. Your elbow all the way through your wrist should contact the wall.
- Lean forward towards the corner, leading with your hips.
- Hold this stretch for 1-2 seconds, then back off.
 - Repeat 10x
- Perform this exercise 3x per day OR as described by your doctor.
- Note:
 - With this exercise, you should feel a stretch through the front of your chest (your Pec muscles) with some tension through your upper back. If you feel any other pain or discomfort, please stop and consult your doctor.
 - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.

