

## Blue Hills SPORTS & SPINE Rehabilitation

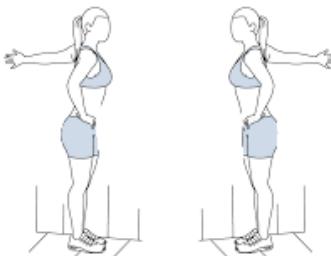
Braintree: 340 Wood Road, Suite 303 781-535-6053  
Weymouth: 241 Main Street, 2nd Floor 781-340-1480  
Plymouth: 45 Resnik Road 508-340-1480  
Boston/North Station: 30 Lancaster Street 617-367-4700

### Biceps Stretch-Overhead

Begin with standing position arms straight and fingers interlaced. Raise your arms overhead. Hold the stretch for 20-30 seconds. Repeat 2-3 times



### Biceps Wall Stretch

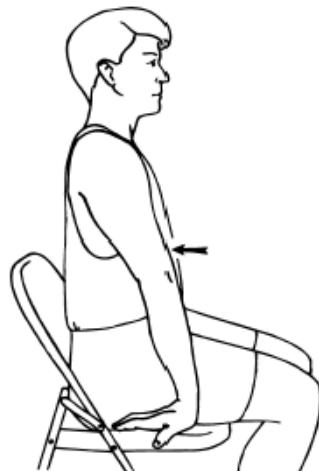


Start by facing the wall and place the palm of your left hand against it, slowly below shoulder level. Then slowly rotate your torso to the right until you feel a stretch in your bicep and chest. Repeat on both sides.

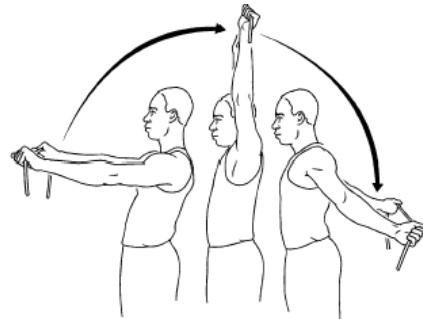
Hold 30 seconds, repeat 2-3 times

### Biceps Chair Stretch

Begin with sitting on a chair with palms flat and fingers pointing backwards. Slowly lean backwards until a stretch is felt in the front of your arm. Hold the stretch for 20-30 seconds. Repeat 2-3 times



### Bicep Strap or Tubing Stretch



Begin with standing position arms forward, palms down. Hold tubing or a stretch strap in your hands as shown. Sweep up and overhead then behind back with elbow straight until a stretch is felt. Hold for 20-30 seconds, repeat 2-3 times

### Chest / Bicep Stretch

Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Hold 20-30 seconds. Repeat 2-3 times.

