

# The **3** Step 5 Minute Stretch Guide for Tight Shoulders



**By Dr. Kareem Samhouri**

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## Meet Dr. Kareem Samhouri, a.k.a. 'Dr. K'



Hello. I'm Dr. Kareem Samhouri, also affectionately known as 'Dr. K' among my clients of all ages. I've seen countless people with back injuries who suffer needlessly because they just don't have the right information they need to heal their back problem properly. Some people have wasted years of their lives suffering without any relief.

I'm a graduate of the University of Miami, Doctor of Physical Therapy program, in addition to earning a bachelor's of science degree from the Pennsylvania State University in Kinesiology. I've worked in some of the best hospitals, rehabilitation facilities, outpatient physical therapy services, and elite performance gyms in the United States. I've dedicated my career to taking my hard earned education, research, practical experience and complete dedication to helping people feel better after days, months and even years with debilitating back pain.

## Importance of Flexibility

Events classified as activities of daily living impose demands on our bodies that have consequences over time. Technology has evolved much more quickly than biology, thereby leaving our Neanderthal-like bodies craving movement and reacting to environmental stressors such as work position, abnormal sleeping positions, and physical inactivity. In order to keep our postures in line, promoting increased oxygenation and improved rest to our muscles, we must consider the role of muscle length on functional outcome of movement. Simply put, increase muscle length to increase muscle production. The following 3 stretches are the most important choices for the elimination of tight shoulders and increased freedom of upper body movement:

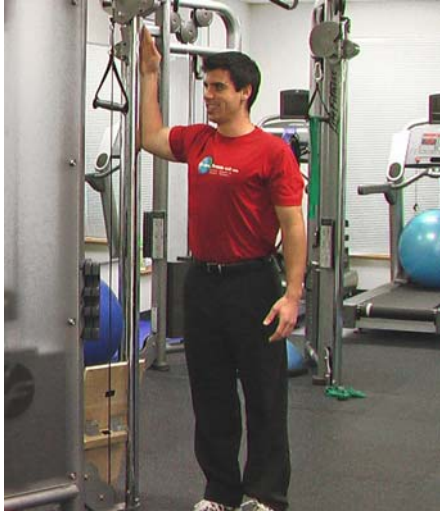
### Step 1

*Stretch your Pec Minor* – Stand next to wall and reach your hand diagonally in the air until your elbow is straight and your hand is in contact with the wall. Slowly turn away from your arm until you feel a stretch in the top of your chest. Hold 30 seconds and repeat 3x.



## Step 2

*Stretch your Pec Major* - Stand next to wall with a right angle at your left armpit and elbow. Place your left forearm on the wall and slowly turn to your right and squeeze your shoulder blades together. Retract your neck back as if to give yourself a double chin. Hold this position for 30 seconds and repeat for 3 repetitions on both sides.



## Step ③

*Stretch your Internal Rotators* – Stand next to wall with a right angle at your left elbow and your elbow pressed against your side. Place your left forearm against the wall and slowly turn to your right and squeeze your shoulder blades together. Keep turning until you feel a light stretch in the front of your shoulder and/or underneath your shoulder blade. Hold for 30 seconds and return to starting position slowly. Repeat for a total of 3x on each side.

