



*These techniques release restrictions in arm and front of shoulder, including biceps tendon.*

With palm against door jam, rotate body in opposite direction and hold. Don't allow shoulder to rotate forward. Telescope arm and make it longer. Feel stretch in forearm, arm and front of shoulder. 2-10

*Stay with a technique as long as it continues to feel helpful. Wait patiently at the fascial barrier until you feel the release. Elongate further and wait again.*

Clasp hands behind back. Kneel with clasped hands resting on table or back of couch. Lift chest and arch back to elongate into stretch. 2-11



Can also do on back of chair while sitting in it at desk. 2-12



Place palm on doorway about shoulder height, fingers facing down and elbow higher than hand and shoulder. Bend down and lean forward into stretch, while rotating body slightly in opposite direction. Feel this directly in anterior shoulder and biceps tendon. 2-13