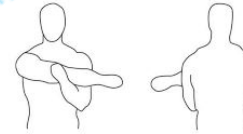


Triceps Stretch

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Horizontal triceps stretch:



- Stand with feet shoulder-width apart.
- Bring your right arm across your body with the elbow extended (straight).
- Hold the right elbow with a left hand, and gently press it inwards till you feel stretch on the back of your right arm.
- Hold the stretch for 45 to 60 seconds and repeat it for 3 times.
- Repeat on the other side.

Overhead triceps stretch

- Bring your right hand over the head as if you are trying to touch the left shoulder blade. Keep the right elbow bend.
- Gently with left-hand press the right elbow towards the left side till you feel a bearable stretch on the back of your right arm.
- Hold the stretch for 45 to 60 seconds and repeat it for 3 times.
- Repeat on the other side.



Triceps Stretch with Towel

- If you are stretching right side triceps, hold on to a towel on the right side.
- You want to bring the right shoulder up as shown in the picture below with the towel in your head.
- Bring your left arm behind the back and catch the towel. Try to pull the towel in a downward direction with your left hand in order to feel the stretch on the right side.
- Hold the stretch for 45 to 60 seconds and repeat it for 3 times.
- Repeat on the other side.

