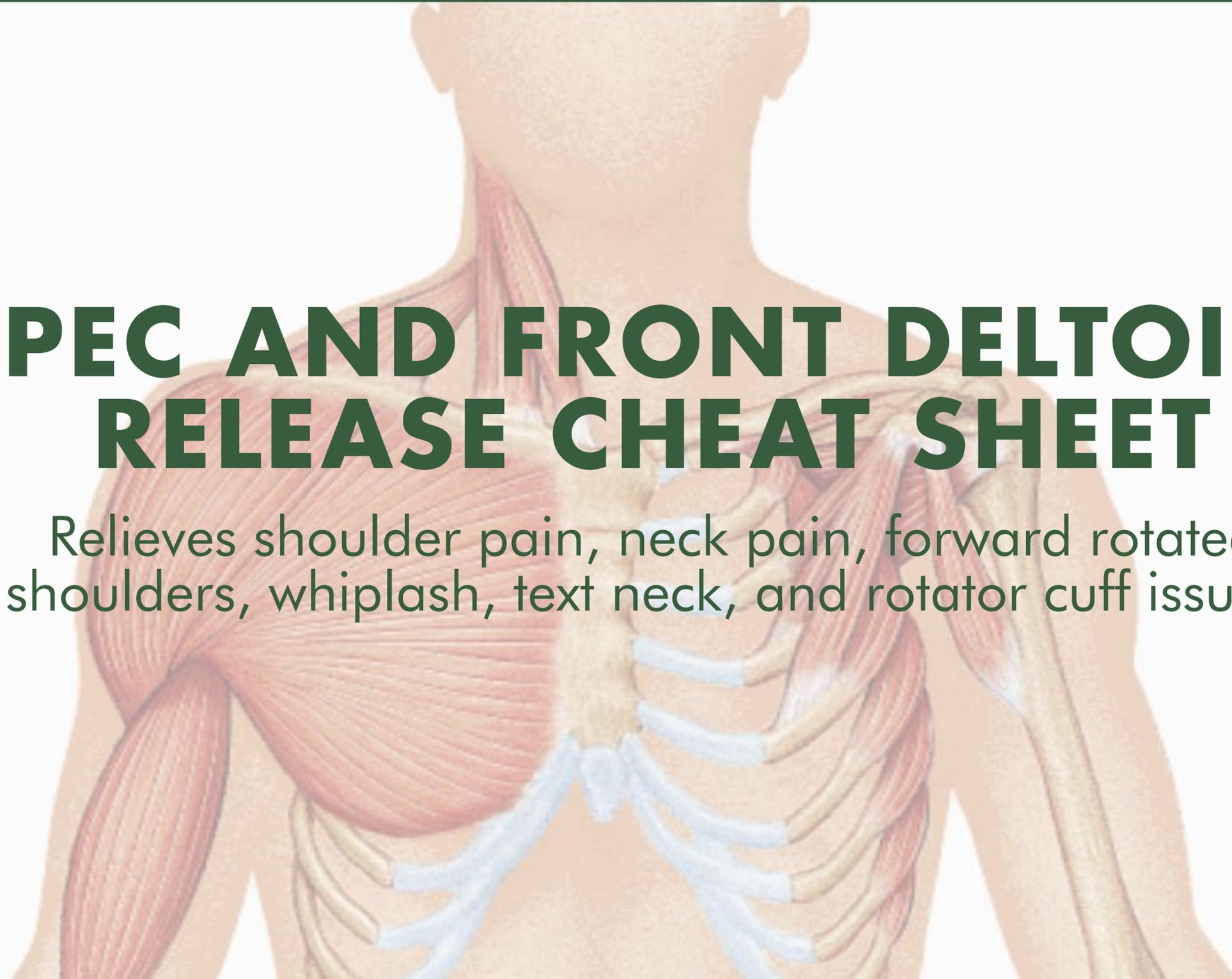




# **PEC AND FRONT DELTOID RELEASE CHEAT SHEET**

Relieves shoulder pain, neck pain, forward rotated shoulders, whiplash, text neck, and rotator cuff issues.



A smiling woman with long brown hair, wearing a patterned sleeveless top and blue earrings, holding a green foam roller. She is standing in a gym setting with various exercise machines visible in the background.

## BEFORE WE BEGIN

With all self-help fascial release techniques, it's important to remember that you're trying to pin a piece of your fascial system (to a foam roller, lacrosse ball, etc) and stretch it through movement. Sometimes this can be intense, so don't forget to breathe as you learn to move better, feel better, and create lasting change!



- + **01** PNF: PALM & PUSH
- + **02** PNF RELAX & PUSH
- + **03** CHEST POCKET
- + **04** STABILIZE & STRAIGHTEN
- + **05** ROTATE
- + **06** RAISE
- + **07** FRONT DELTOID
- + **08** OATH TO ROBOT
- + **09** TIPS FOR SUCCESS



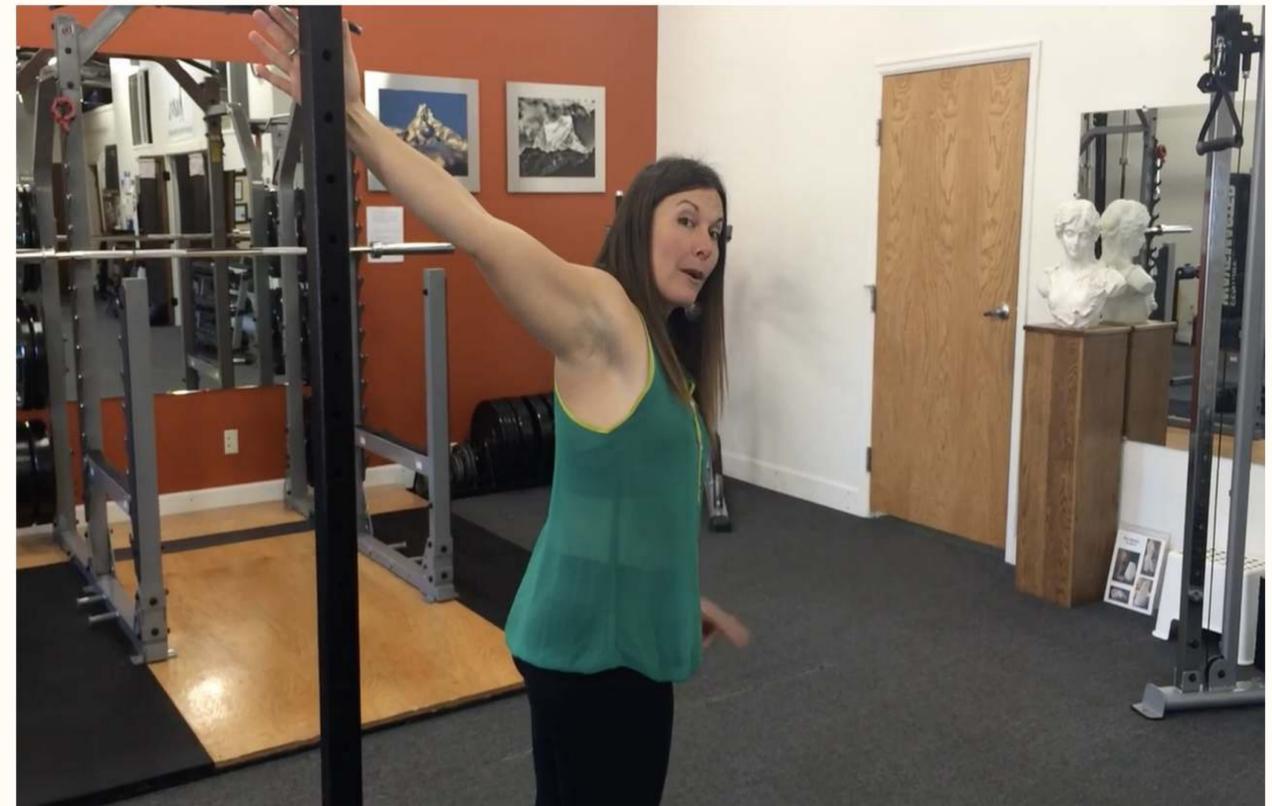
**STEP BY STEP**



## PALM



## PUSH



THEN

+ 01

### PNF: PALM & PUSH

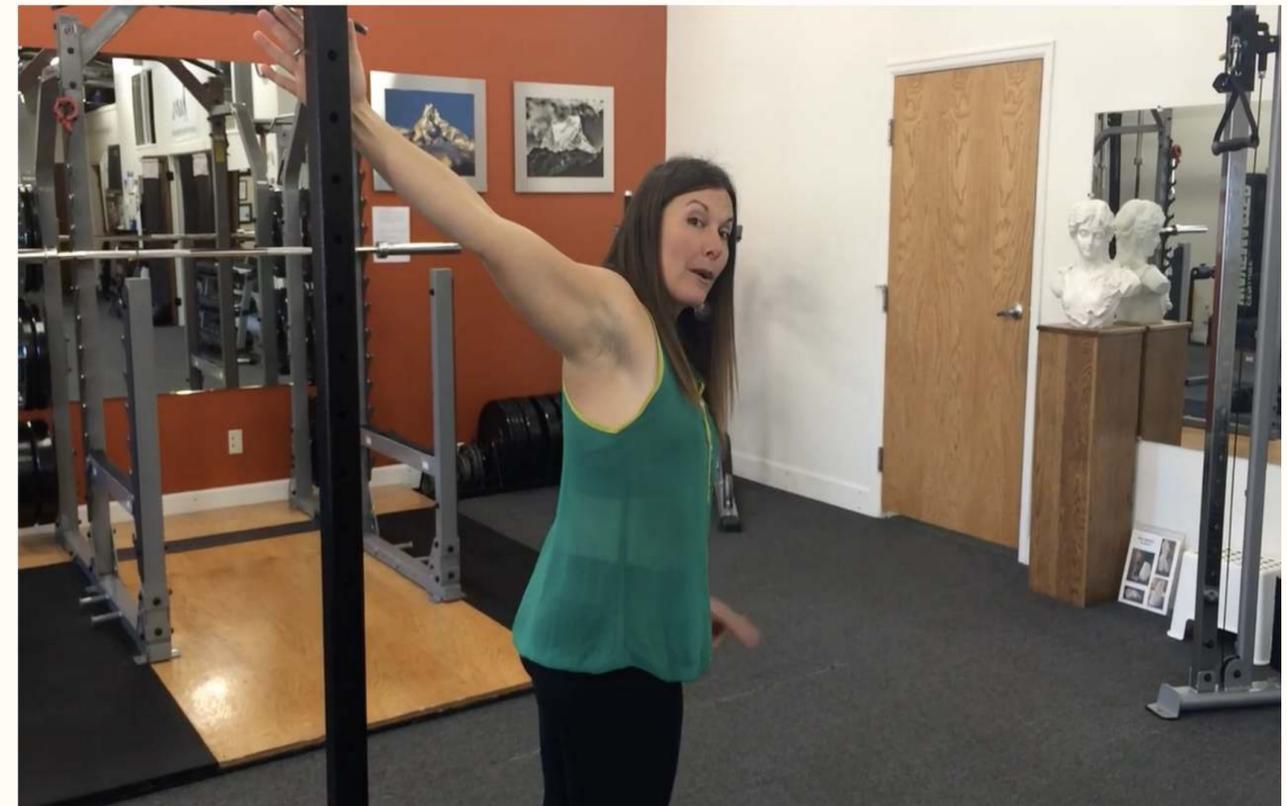
Releasing the chest fascia can be intense, so it's helpful to do a PNF stretch before the release. Start by coming to a pole or doorway. The palm of your hand will go flat against the pole at a 45 degree angle. Then step away from your right arm and push your right hand into the the pole for 3 seconds with about 30% effort.



**RELAX**



**PUSH**



**THEN**

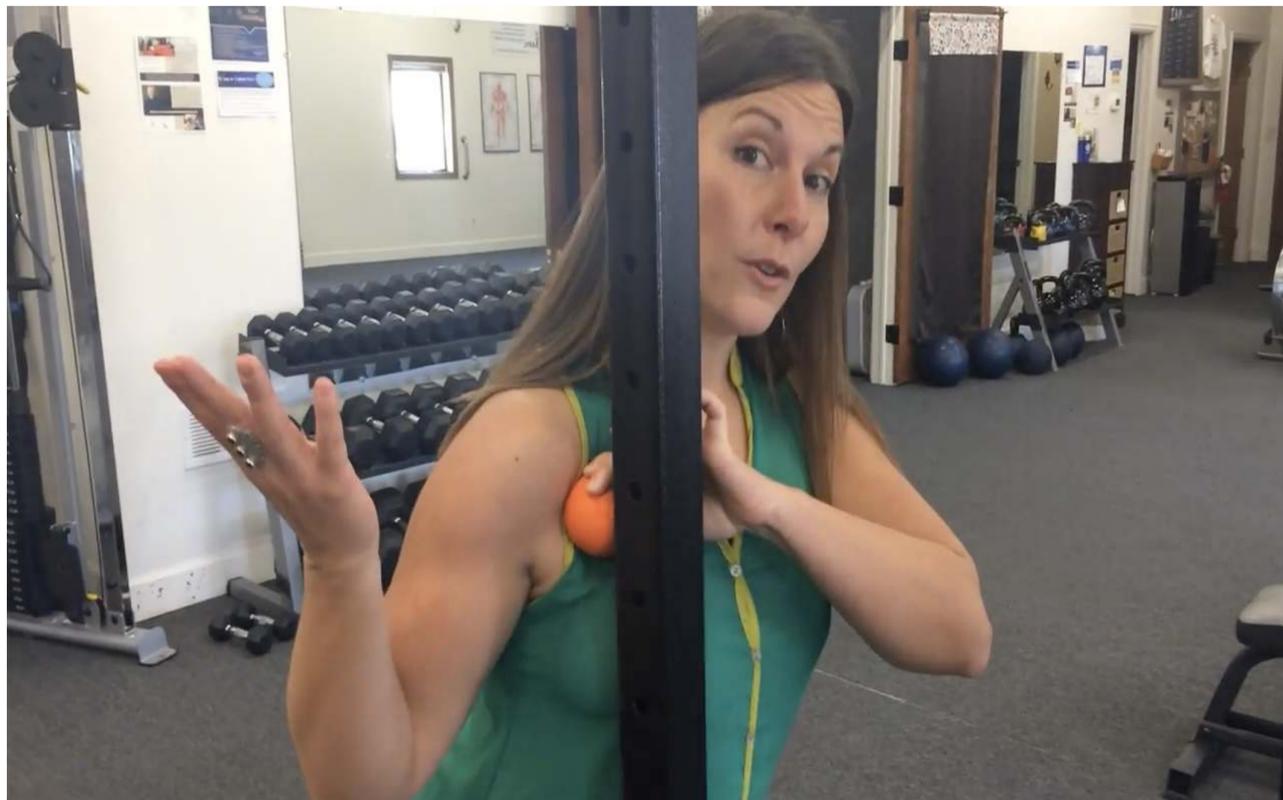
+  
**02**

### **PNF: RELAX & PUSH**

Step back towards your right arm (after the 3 second push) to relax. Then step back out away from your right arm and push at 30% for another 3 seconds before stepping back and relaxing again. Repeat the process one two more times, and on the last time push and HOLD for 20-30 seconds before fully relaxing.

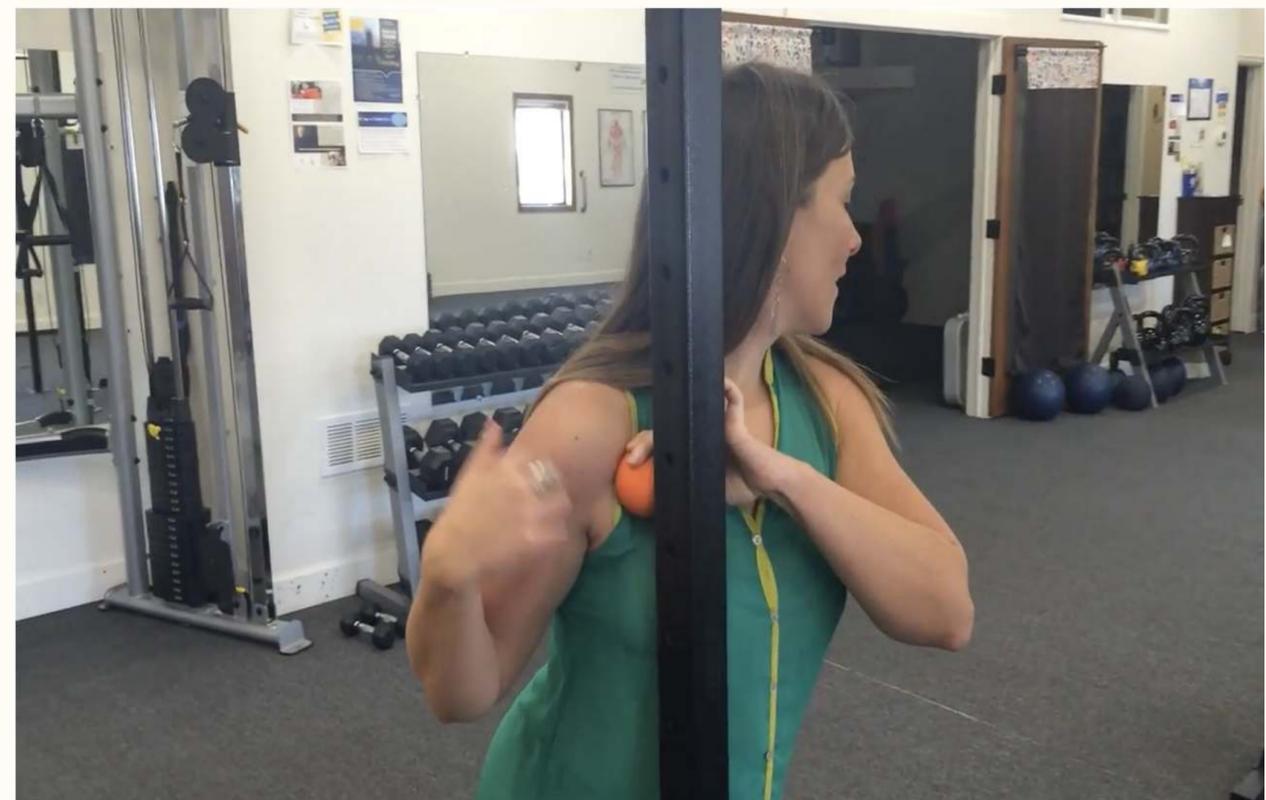


## POCKET



THEN

## TURN HEAD



## CHEST POCKET

Start by placing the lacrosse ball on the pole or door frame around chest height and put your chest (right side) into the ball letting the ball sink into the pocket between your chest and shoulder. You don't want to be on your collar bone, shoulder joint, or ribs. There should be a nice little pocket that you can sink into. You can turn your head to the left and keep it turned for a more intense stretch.

+  
**03**



## STABILIZE



THEN

## STRAIGHTEN



## STABILIZE AND STRAIGHTEN

Stabilize the lacrosse ball by keeping it in place with your left hand so you can pin and stretch without rolling the ball around. Then start to straighten your arm up and out so that you finish with a straight arm at a 45 degree angle (see photo). Really reach through the whole arm and spread the fingers wide.

+ 04



## ROTATED IN



AND

## ROTATED OUT



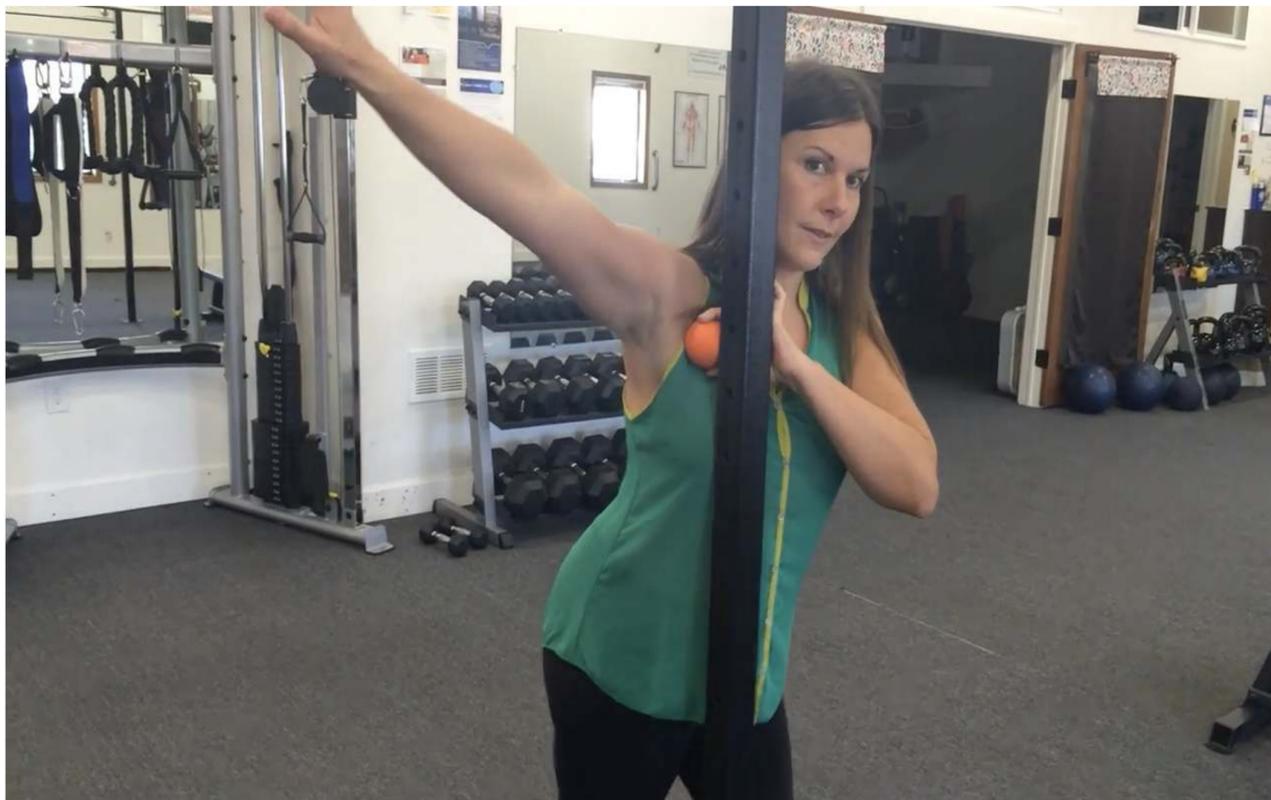
+ 05

## ROTATE

Slowly drop your right arm back down by your side and keep the lacrosse ball stabilized with your left hand. Rotate your arm (slowly) in and out and start moving it up towards your head as you rotate.



**RAISE**



**LOWER**



**THEN**

+  
**06**

**RAISE**

Continue to rotate your arm in and out as you move your arm closer to the top of your reach. When you get as high as you can go, keep rotating as you start to bring your arm back down towards your waist. When you get all the way back down take your weight off of the lacrosse ball and relax.



## POSITION



THEN



+ 07

## FRONT DELTOID

If your shoulders are normally forward rotated it's great to release the front deltoid as well as the chest. You want to start the same way you did with the chest release, but this time you will position the ball on the front deltoid and search out any tender/sore spots. Once you find the best spot (usually it's obvious), pin it to the pole and stabilize the ball with your left hand.



## OATH



## ROBOT



THEN

+  
08

## OATH TO ROBOT

Slowly bring your arm up to almost 90 degrees (at the elbow) like you are taking an oath. Then bring your right hand forward and down with your arm still at 90 degrees except the finger tips will be pointed down. Move back and forth between these two positions 4-5 times, slowly bringing the fingertips up and back down again. After finishing repeat steps 1-8 on the left side.



## TIPS FOR SUCCESS

- Remember your goal is to PIN a piece of fascia and STRETCH it in the manner shown, so DO NOT just roll the ball around the muscle in a massage-like manner with a loose hanging arm.
- Hunt out the BEST spot before moving. The best spot will feel the most tender, sore and/or ropy/tight.
- Focus on getting the pec minor by going to at least 45 degrees from the chest with the arm.
- If you have severely forward rotated shoulders or forward head posture, definitely do the PNF stretch for the chest before using the lacrosse ball.
- Start out performing the techniques for about 2-3 minutes per side, per muscle group (pec and deltoid).
- Do this daily if you have seriously forward rotated shoulders and/or something like whiplash or neck pain, until the pain disappears and/or the mobility is restored in your shoulders.

# ADVENTURE WITH CONFIDENCE

As always I hope you're learning to trust your body, do what you love, and adventure through life with confidence.



# THANK YOU!



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