

# Standing Chest Openers

## Unilateral



Reps:

Sets:

Duration:

### Instructions:

1. External Rotation: Laterally rotate your elbow up and pause (eye of elbow 'up') while keeping your hand pressed into the wall, hold as directed by your therapist
2. Medial Rotation: Medially rotate your elbow joint down and pause (eye of elbow down) while keeping your hand still on the wall, hold as directed by your therapist
3. Repeat on other side

**Position:** Standing parallel to the wall, place your right hand on the wall, palm level with your shoulder, and your feet hip width apart. Keep your elbow locked and spread your fingers as far apart as possible (hand anchored to wall- no rotation) and shoulder not raising up. For some clients just the position will suffice- do not force the rotations)

**Purpose:** external and medial rotation of the forearm, stretches forearm and shoulder joint, re-positions A-C joint, medial nerve stretch