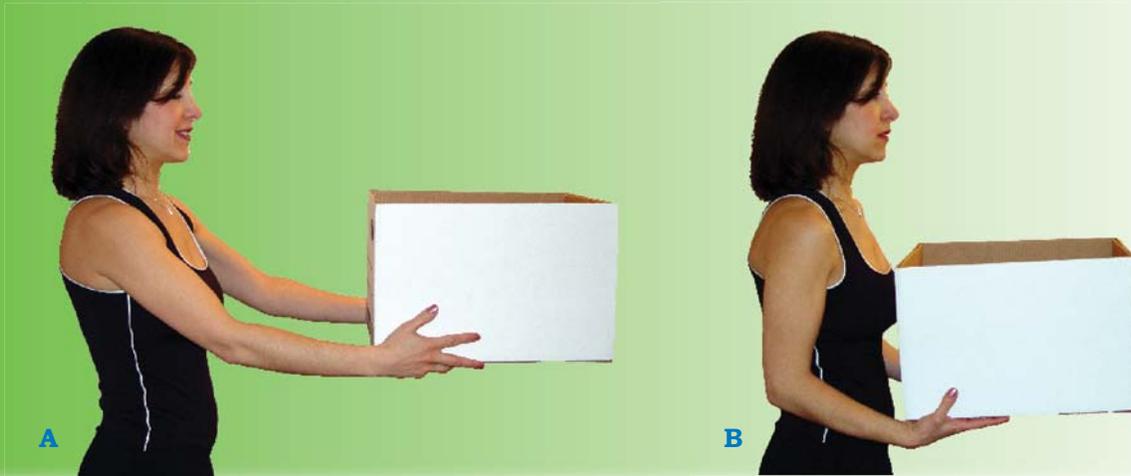


- Avoid lifting heavy objects with your arms stretched out in front of you (figure A). Instead, keep your elbows close to your body while lifting (figure B).

Do's & Don't's



Stand in a doorway with one leg in front of the other. Place your hands flat at about shoulder level on both sides of the doorway and lean into the doorway (figure A). You should feel the stretch of your chest muscles. Continue to lean into this stretched position for 3-5 deep breaths. On each inhalation you will feel the stretch increase and upon exhalation the stretch will diminish. Try to keep the tension at the same level by leaning further with each exhalation.

Next, move your hand placements up the wall to just about over the level of your ears (figure B). Repeat the leaning stretch in this position and upon each exhalation follow the release with a greater stretch. Repeat the leaning stretch in this position and upon each exhalation follow the release with a greater stretch. Cycle through each hand position 3 times & repeat this exercise 2-3 times a day until you no longer feel the tightness in your chest when performing it. This muscle is easily overstretched and care must be taken to avoid overstretching. Therefore, it is ideal to perform these stretches after or followed by a hot shower/bath or with a moist heat pack. If soreness persists after the stretching, then the frequency of the performance of this stretch can be reduced to every other day.

Doorway Molding Stretch



To strengthen the coracobrachialis stand with your palms toward you, as shown in figure A, holding not more than 5 lb dumbbells. Flex your arms while inhaling deeply, as shown in figure B. Hold this position for 2 seconds. Then, allow gravity to slowly return you to the starting position as you inhale. Repeat this action for a total of 8-12 times, then take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

Strengthening with Weights



To strengthen the coracobrachialis sit facing away from the machine, as shown in figure C. Flex your arms while inhaling deeply, as shown in figure D. Hold this position for 2 seconds. Then, allow the machine to return you to the starting position as you inhale. Repeat this action for a total of 8-12 times, then take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

Strengthening with an Exercise Machine



Also Train: Latissimus Dorsi, Teres Major & Posterior Deltoid muscles!