



Erbst OrthoSport

Physical Therapy



Doorway Latissimus/Rhomboid Stretch

Hook _____ hand on the far side of a door jamb at waist level. The thumb on this hand points down. Use the opposite hand to stabilize just above the lower hand as shown. Lean backwards (almost as if you're sitting down) and rotate your body to the _____. Stretch should be felt along your ribcage and inside of the shoulder blade.

Hold _____ seconds, _____ repetitions, _____ times per day/week.

Repeat on opposite side: YES NO

Erbst OrthoSport Physical Therapy
(919) 612-1673