Latissimus Dorsi Stretches

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**Figure 1** – Relevant Anatomy for Latissimus Dorsi Stretches (right side)

**Latissimus Dorsi Stretches**

**Latissimus Dorsi Stretch**

Begin this latissimus dorsi stretch standing tall with your back straight and hands above your head. Gently lean to one side until you feel a mild to moderate stretch in the side of your upper back and shoulder (figure 2). Hold for 5 seconds and then return to the starting position. Repeat 10 times provided the exercise is pain free. Then repeat the exercise on the opposite side.

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**Figure 2** – Latissimus Dorsi Stretch (right side)