

## **Pec Release**

Stand in a doorway and place the ball between your pec and the doorway jamb. Slowly roll around on the ball until you find a tender spot. Once you have located a tender spot, lean/push into ball and hold for 30 seconds (6 deep breaths). Find 2-3 more tender spots and repeat. Switch sides and repeat.

Frequency: 3 sets each, daily, as tolerated.

