

FIGURE 26-9. Manual stretch of the pectoralis minor. The hand applying the stretch force is placed over the coracoid process. A stabilizing hand can be placed over the rib cage. The force applied by the practitioner is in a posterior, superior, and lateral direction.

Hall & Brody: Therapeutic Exercise: Moving Toward Function, 2nd Edition
© 2005, Lippincott Williams and Wilkins