

Soft Tissue Release



01 Pec Minor Release

TARGET

Pec minor — the small chest muscle attaching near the front of the shoulder that pulls the shoulder blade forward and down, narrowing the space beneath it.

TECHNIQUE

Standing, place the ball just below the collarbone, toward the front of the shoulder. Use the opposite hand to apply gentle pressure, holding steady on tender spots or adding small, slow circles. Work 2–3 spots, 30–60 seconds each. For more control, this can also be done pressing the ball against a wall or doorframe.

KEY CUE

This region sits near sensitive structures — keep pressure light to moderate, and stop immediately if symptoms travel down the arm.



02 Subclavius Release

TARGET

Subclavius — the small muscle running directly beneath the collarbone that can narrow the space between the collarbone and first rib.

TECHNIQUE

Seated, use the fingertips of the opposite hand to apply gentle pressure just below the collarbone. Start near the breastbone and work outward toward the shoulder, using sustained pressure or slow, small strokes on tender spots, 30–60 seconds each.

KEY CUE

Stay just below the collarbone, not above it. This muscle is superficial — light pressure is all it needs.



Review the demo video for full instruction, tips, and advice.