

Scalenes Stretches

#1



- Sit up straight.
- Hold onto the bottom of the chair with both hands.
- To stretch the right side, turn head 45 degrees to the left.
- Lean your head backward and to the left, looking up at the ceiling.
- Hold for 15-20 seconds.
- Repeat opposite for left side.

#2



- Sit up straight.
- To stretch the right side, bring your left hand across your body and place it on your right collarbone.
- Next place your right hand over your left.
- Turn your head 45 degrees to the left and tip your head backward while applying gentle pressure down on your collarbone.
- Hold for 15-20 seconds.
- Repeat opposite for left side.