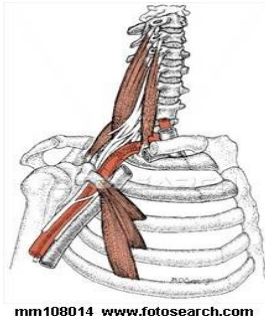




SCALENE & STERNOCLEIDOMASTOID STRETCHES

SCALENES

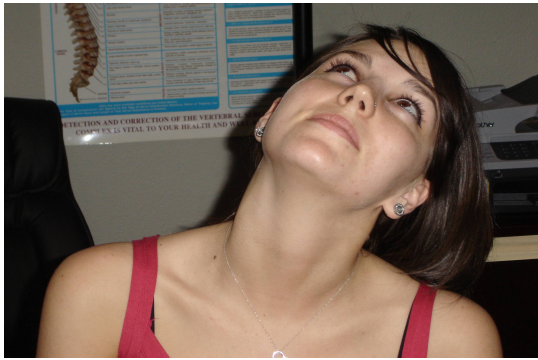


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SCM



CAUTION!!!: STOP if you feel dizzy, nauseous, get a headache, or have numbness or vision changes. If you experience any of the above, or any other strange symptoms, do not do this stretch and notify your doctor.



To stretch the right side:

- 1) Lean away to the left
- 2) turn chin towards right
- 3) Lean head backwards, pointing chin to the sky
- 4) Move chin slowly and gently until you feel the tightest area.
- 5) Breathe deep and abdominally and lean slowly away from this tight direction..



To stretch the left side:

- 1) Lean away to the right
- 2) Turn chin towards the left
- 3) Lean head backwards, pointing chin to the sky
- 4) Move chin slowly and gently until you feel the tightest area.
- 5) Breathe deep and abdominally and lean slowly away from this tight direction..