

# *Dynamic*

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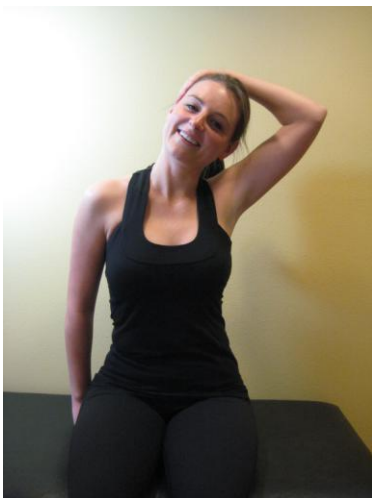
## CHIROPRACTIC CLINIC

*Better Health in Motion*

### Scalene Stretches

Instructions: Duration 1 Minute

There are 3 scalene muscles in the neck; the most common stretches we recommend are the middle and anterior for stretching, NOT the posterior. Sit as straight as possible, and place the hand of the side to be stretched under that buttock. For the middle muscle, pull your head away from the hand you are sitting on for 10 seconds. For the anterior stretch, put the hand behind you, and turn the head away from it. Then tilt your head back. (Stop if you feel any signs of dizziness or feel like you are about to faint!! ) If the doctor gave you posterior scalene stretches, put on deodorant, sit on your hand again, and pull your head forward and into your armpit. hold all stretches a minimum of 10 seconds.



1. Middle Scalene



2. Anterior Scalene



3. Posterior Scalene

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