

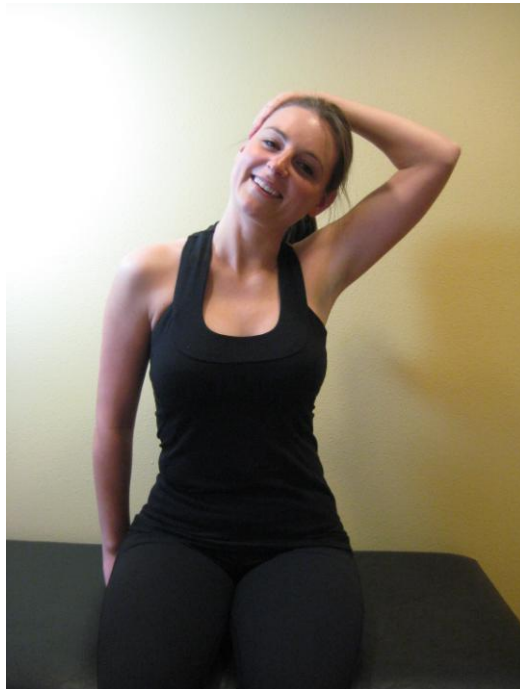
Dynamic

CHIROPRACTIC CLINIC

Better Health in Motion

Middle Scalene Stretch

Instructions: Duration 1 Minute. Sitting erectly, sit on the hand of the side you desire to stretch. Reach over your head, and pull gently, in a rainbow like fashion, away from the hand you are sitting on. This stretch is especially important for patients with Thoracic Outlet Syndrome, and should be done in conjunction with the Anterior Scalene Stretch, also accessible through our website. Hold the position for a minimum of 10 seconds; stop if you feel pain or dizziness.



STRETCHING OCCURS OVER TIME. DOING ONE STRETCH ONCE A MONTH WON'T DO THE JOB!

Medical Dental Building 509 Olive Way, Suite #620 Seattle, WA 98101

Ph: (206) 343-3325 www.dynamicclinic.com info@dynamicclinic.com