



Scalene Muscle Stretch

Hold your collar bone steady with your opposite hand

1. Tip your head sideways, away from the bad side. Take it to a point of tension and hold 20 sec
2. Keep your head sideways, but now turn your face and look down toward your armpit. Again hold 20 seconds
3. Keep your head sideways, but now turn your face up toward the ceiling. Again hold 20 seconds