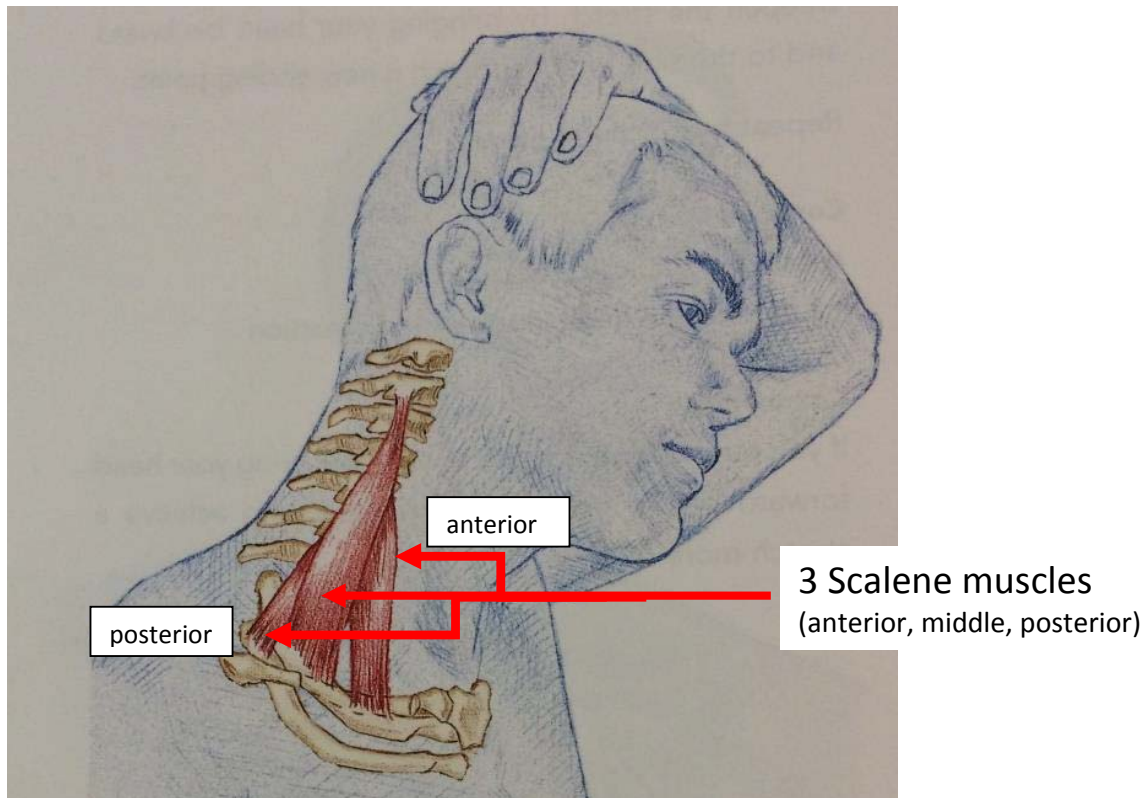




Robyn Dey RMT
Massage Therapy

Scalenes Stretch



Instructions to stretch **right** upper trapezius:

1. Always warm your muscles before exercising.
2. In a seated position, hold onto the bottom of the chair with your right hand to keep your right shoulder down **AND**
3. Move your left ear toward your left shoulder until you feel a stretch on the right side of your neck
4. For Anterior Scalene only: Face your head down (chin moves toward left shoulder) and move your head back
5. For Posterior Scalene only: Face your head up (chin moves toward right shoulder).
6. Breathe out as you increase the stretch.

RobynDeyRMT.com