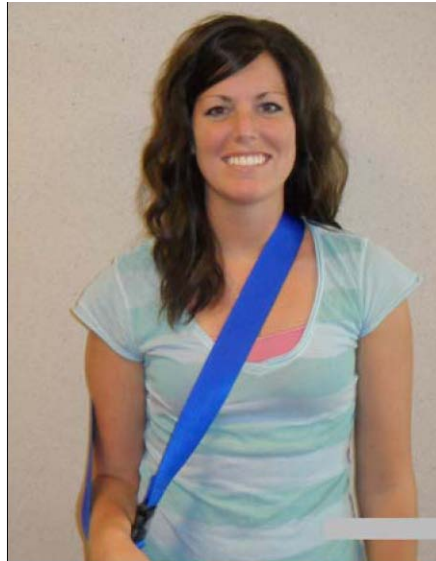


## Scalene Stretch

The purpose of this exercise is to stretch the muscle that elevates your first and second ribs.



1. Place a looped belt across your shoulder, where your shoulder and neck meet, and slide the uninvolved arm in the loop as shown above.
  2. Take a deep inhale. On the exhale, use the uninvolved arm to pull down on the strap gently until a stretch is felt.
  3. Keep the arm being stretched completely relaxed during the stretch.
  4. Hold this position for 15 to 20 seconds.
  5. Take another deep inhale. On the exhale, use the uninvolved arm to pull down on the strap gently for an even deeper stretch. This should be pain free. Breathe normally, but hold the stretch for another 15 to 20 seconds.
- θ Add chin tuck.
  - θ Add side bend.
  - θ Add lateral rotation.