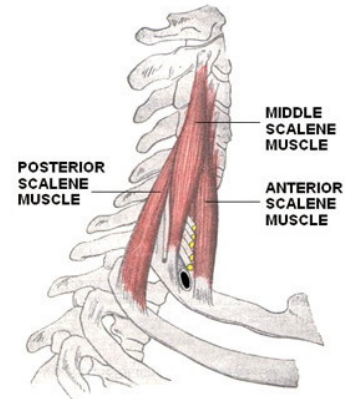


OSTEOPATHY - MASSAGE - PILATES

POSTERIOR SCALENE STRETCH

AIM: to stretch the scalene muscles



STARTING POSITION: Standing on band with feet hip distance apart. Turn both hands out so palms face away from your body. Make sure the back of the neck is long and not going into a forwards head posture.



STEP 1: Gently squeeze shoulder blades together, like you're trying to hold a pencil.

STEP 2: Take the ear to the opposite shoulder, still with the eye gaze straight forwards. This should produce a stretch at the side of the neck.



STEP 3: To find the posterior scalenes (at the back of the neck) keeping the ear to the shoulder, move eye gaze down to the armpit. Hold for 30seconds.

STEP 4: To increase the stretch, move eye gaze down to the floor slightly more and ear to shoulder slightly more. Hold for another 30seconds.

Exercise Disclaimer

It is recommended that our exercises be carried out in conjunction with a personally prescribed treatment plan created by Tara Northey Osteopathy. If these exercises are used without professional guidance then it is at own risk.

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