



**Dave's
NMT & Fitness**

Stretch for Scalene Muscles

Basic Type: Neuromuscular

These instructions are designed to be a reminder for those who have already been taught the stretch by a qualified instructor. If you have not been previously taught and the stretch produces any undesirable effects, stop immediately and consult a professional.

Breathing for all stretches should be: Inhale before. Exhale as you move into the stretch position. Wait for the body to respond. Inhale again while returning to the start position.

Stretch is performed while lying on ones back with support under the knees.

To safely isolate the scalene muscles, it is very important that the correct head and hand positions be used.

- 1) Slide head to both sides and take note of which direction slides more easily and which demonstrates restriction. We will always begin the stretch, sliding the head, toward the direction with the least restriction. If there is not a noticeable difference, it does not matter which direction you slide first.
- 2) We will assume that the lower neck appeared tighter when we slid to the right; therefore we will begin by sliding the head to the left.
- 3) Place the left hand aside of the right side of the neck and assist the head to the left until a slight resistance is felt.
- 4) Relax the head onto the surface without changing the head position.
- 5) You are now in proper position to perform the stretch.

In performing the stretch, it is essential that the left hand position be held firmly, while the rest of the body relax as much as possible.

- 1) VERY GENTLY, slide the right shoulder down and away from the neck while using the left hand to maintain the position of the neck.
- 2) When the left hand begins to feel the right shoulder pulling on the neck, stop and remain in this position while relaxing as much of the body as possible.
- 3) After just a few seconds the muscles will respond by loosening slightly. If the stretch is gentle enough, the release will be perceived as a lessening of the feeling of stretch at the side of the neck. The stretch is complete. (If the release is not felt, maintain the stretch for 5 seconds.)
- 4) Relax and return the head to the neutral position and repeat the stretch to the opposite side substituting right for left and left for right in the instructions.
- 5) The stretch should be repeated 3 times to each side, alternating left and right.