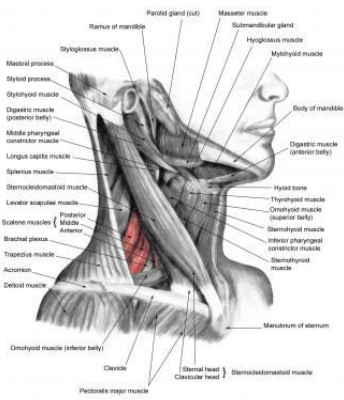


NECK Scalene

PT - MET | E (easy)



<name>

To address the right side of your neck. From the description of your complaint and from working on that area, it is more likely your scalene muscle(s).

Photos



Prep:

Sit in a chair or on the floor. The focus is making sure your torso is straight.

- Shoulders are away from the ears
- Shoulders are back (to prevent a curve in the upper back)
- Crown of the head is reaching up

Begin:

Lean head away from the side of the neck that is hurting - ear to shoulder

Bring opposite arm over top of head (just above ear)

Press head upward, into hand (keep hand steady to create isometric activity in neck)

MET:

Inhale as you hold for 5 seconds

Exhale and release (as you relax, slowly allow the head to drop lower towards the ear).