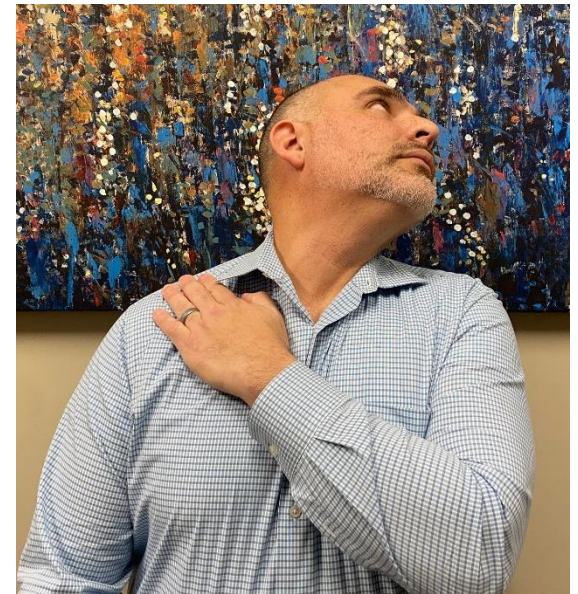
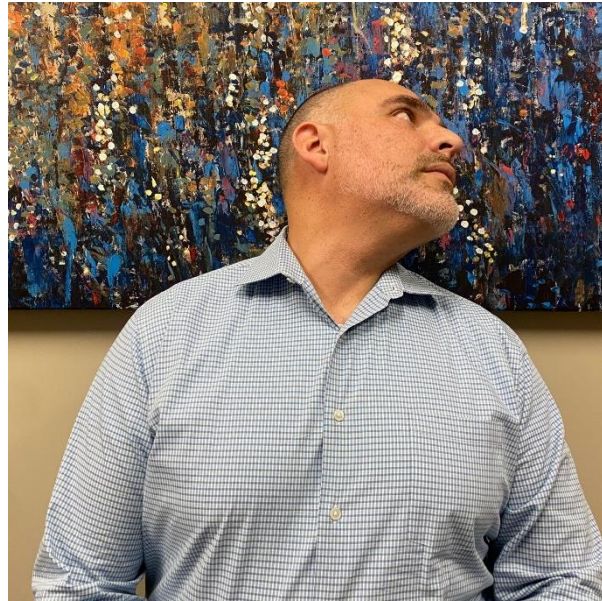


Anterior Scalenes Stretch



- Sitting or Standing position.
- Turn head to the left 45-degree.
- While maintain the 45-degree rotation tilt head backwards.
- Place your right hand and apply light pressure to stabilize shoulder down.
- Stretch should be felt on the right front neck.

- Frequency of stretch
 - Perform once or twice a day.
- Duration of stretch
 - Start with 2 minutes. Increase stretch by 30 secs every day until you reach desired duration between 5 to 10 minutes.
- Intensity of stretch
 - Mild to moderate intensity