

SCALENE STRETCH

Useful for bringing awareness to the [Scalenes](#) as your secondary breathing muscles.

The scalene muscle group originates from C2-C7 and attaches to the first 2 ribs. The Phrenic nerve, runs through the anterior scalenes and innervates the diaphragm. After paralysis, or a cervical injury, or even injury to the scalenes, the scalenes can become primary breathing muscles and often become short and tight.

LEFT SCALENE GROUP

INHALE → Side bend RIGHT ear to RIGHT shoulder

EXHALE → Keep head in a side bend.
Rotate to look down towards the floor.

Keeping the head in a side bend slowly rotate the head to look up towards the ceiling. Pause along the way where you feel a stretch or pull on the left side of the neck.

Once you find the area of the scalenes that is stretching ADD in the eyes.

Without moving the head:

INHALE → Look up with both of your eyes.

EXHALE → Look down with both of your eyes.

To release the stretch, slowly bring the head to neutral.

Roll the shoulders between sides allowing the ribs and collar bones to move and settle back into place.

Repeat for the Right Scalene group by bringing left ear to left shoulder and repeating the sequence above.

Once you're finished on the right - roll shoulders, letting the 1st and 2nd rib lift and move.

PAIR THIS WITH:

- Torso Side Bend
- Hug a Tree and Rows



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