

## Self Care Scalene Attachments



- Step 1: Place pads of finger tips slightly above your collar bone and gently compress.
- Step 2: Friction any tender areas.
- Step 3: Hold pressure and tilt head back and up toward ceiling until you feel comfortable stretch
- Step 4: Repeat on the opposite side

Stretch is great for relieving head, neck, jaw pain  
Essential stretch for anyone diagnosed with T.M.J.,  
Whiplash, Thoracic Outlet Syndrome