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Side of the Neck Massage:

Self-muscle release technique for the Scalene Muscle(s).

Body Position - How do I get into position?

You can perform this sitting or standing (Image 1).

There are 2 muscles on the front-side of the neck (anterior and middle scalene). Work each muscle individually. Start by locating each muscle with the fingers of the opposite hand down and behind the collar bone always staying closer to the midline/throat(Image 2). It may be necessary to roll the fingers side to side over the muscle to best locate where you will be working. Once you have located the muscle contact it with the pads of your fingers (not the tips) as you would when checking your pulse. While continuing to contact the muscle, tip the head toward the same side shoulder (Image 3) by bringing the ear toward the shoulder in a windshield wiper motion.

Performance - How do I correctly do the exercise?

Holding the muscle on the side of the neck, tip the head away from the shoulder toward the opposite shoulder in a slow steady motion (Image 4). Hold the muscle for a 1 count at the end of the movement.

Perform this on 6-8 spots throughout the 2 muscles.

Progress upward to work behind the region of the jaw when you have been instructed to do so.

Repeat on the other side.

Frequency - How often?

Do this 1-3 times per day. In general, the more consistent, the better the results. That said, it is good to take a day off here and there to allow the muscles to recover. If the muscle becomes more sore than the first time you worked on the muscle, more recovery time is required.

Timing - When do I do it?

Anytime throughout the day. However, one of the times that you work on this muscle will be directly before strengthening this muscle.

Progression - How do I make it harder?

As the muscle loosens, you may need be firmer on the muscle or increase the range that the head travels.

Note - What if there is pain where I push or pain that shoots?

It likely means that you have either compressed the nerves in the area or pushed too hard on the muscle. Try repositioning where you are pushing on the muscle and perform again.

Image 1



Image 2



Image 3



Image 4

