



Seated Scalene Stretch With Rotation

Purpose:

Improve neck motion.

Benefit:

Address posture. Head position at top of swing and impact. Increase consistency of ball striking.

Instructions:

Sit with one hand grasped to side of chair. Let your body slack away from arm. Drop your ear toward your shoulder. Take your other hand and place it on top of head. Gently pull your head lower to where you feel a comfortable stretch. Do 3-5 contract relax holds or hold for the designated time.

Quantity:

Hold _____ reps _____ set(s)

