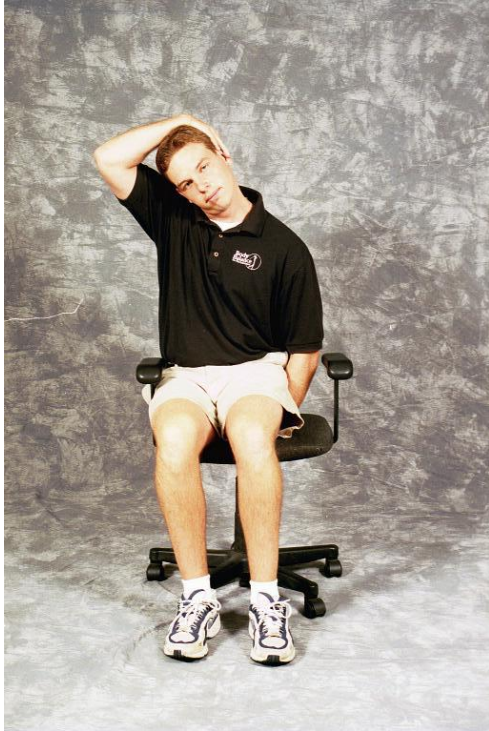
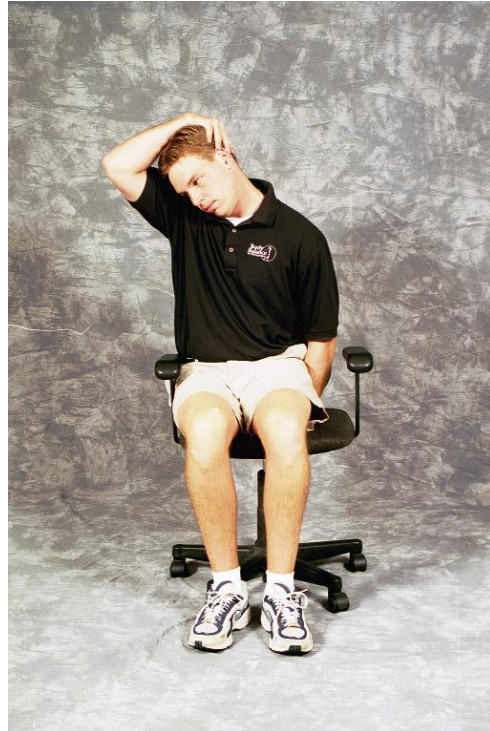


SEATED SCALENE STRETCH, WITH ROTATION

**38 A****38 B**

Purpose: Improve neck motion.

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

Instruction:

- 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)