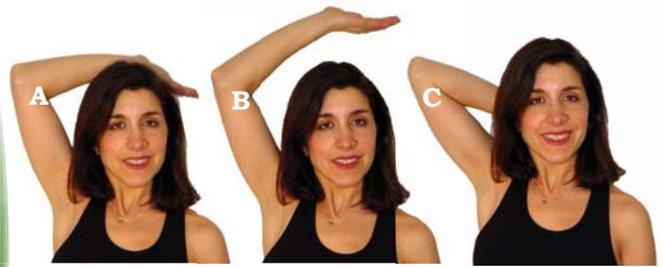


Reduction of Risk Factors

There are certain things that need to be done or avoided to help alleviate scalene muscle problems. These include:

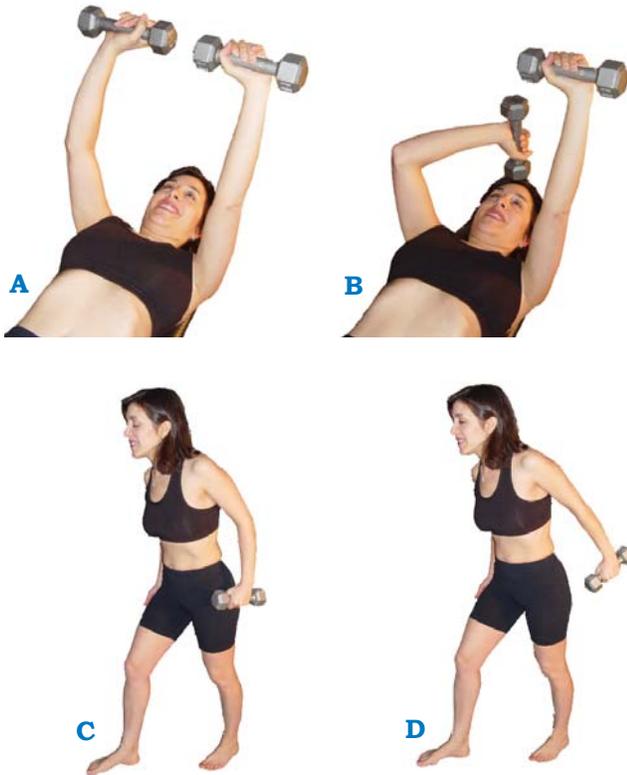
- When typing, reading, writing, etc., the patient keeps her arms vertical, with the elbow behind the plane of her chest & not projected forward.
- Use an armrest that supports the elbow.
- Avoid using a chin-up bar &/or pushups
- Use a lightweight graphite or titanium racket for tennis or racquetball
- If forearm crutches are necessary, then gradually increase their use to avoid overload.
- Do not strengthen this muscle until this muscle is able to stretch without pain.
- Stretch before & after exercise.

Gravity Stretch



Raise your arm over your head so that the forearm is horizontal as in figure A. Allow gravity to stretch out your muscle & then slightly raise your forearm, figure B, and hold it there for 20 seconds. Relax your forearm, allowing it to fall by gravity for another 20 seconds. Repeat this for 3-5 sets and perform this stretch 2-3 times a day until you are able to attain the range of motion as in figure C.

Exercise Using Weights

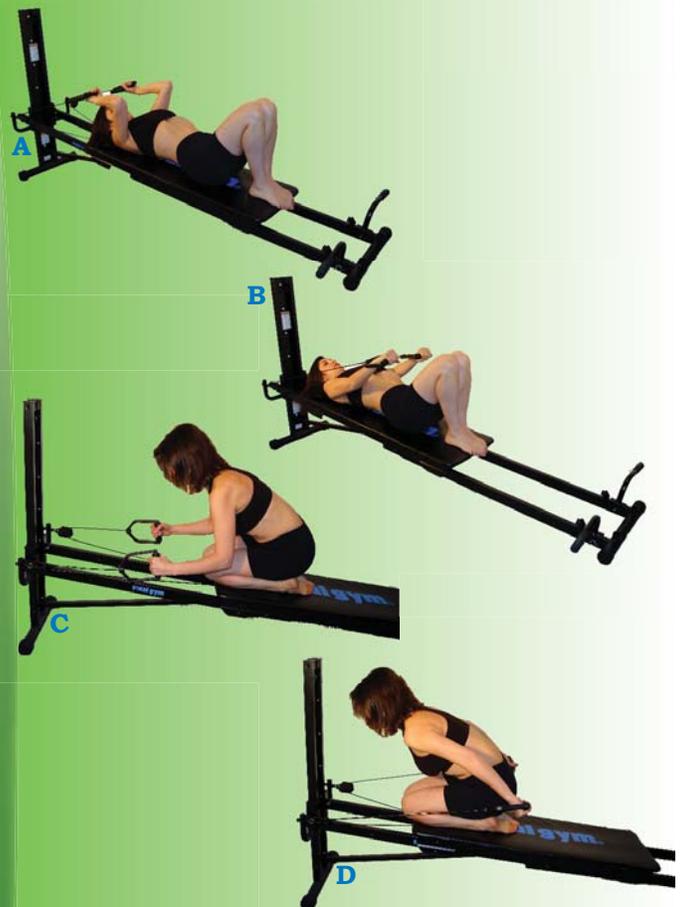


Repeat one or both of these exercises for 1-3 sets of 8-12 repetitions or as instructed by your physician.

Exercise A: Laying supine with your arms above your head with not more than 5 lb weights (figure A). Bend your elbow and allow the weight to drop towards your head while you inhale (figure B). Exhale while you extend your arm towards the starting position. Switch arms and repeat.

Exercise B: Stand as if you had just picked up the weight like a piece of luggage with your knees bent, your back straight, & the leg on the side you are not holding the weight in front of the other. Stabilize yourself by resting the hand without the weight on your forward leg (figure C). Straighten your elbow while you inhale (figure D). Exhale while you allow your arm to return to the starting position. Switch arms and repeat.

Strengthening Exercise Using a Machine



Repeat one or both of these exercises for 1-3 sets of 8-12 repetitions or as instructed by your physician.

Exercise A: Laying supine with your arms above your head and bent at your elbows and shoulders (figure A). Straighten your elbows while you exhale (figure B). Inhale while you allow your elbow to flex into the starting position.

Exercise B: Sit on your knees bent slightly forward and holding yourself with your elbows flexed, as in figure C. Straighten your elbow while you inhale (figure D). Exhale while you allow your arm to return to the starting position.