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Five Targeted Muscle Tests and Five Quick Self Fixes for the Shoulder Joint

This course teaches five muscle tests associated with the shoulder joint and five self treatments that make previously found weak muscles instantly strong and keep them strong!

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INTRODUCTION TO QUICK SELF FIXES AND TARGETED MUSCLE TESTING

This free introductory course includes this 16 page book and a 30 minute companion video.

This course teaches five muscle tests associated with the shoulder joint. These five muscles are commonly found chronically weak in adults on one or both sides of the body. This course also teaches five Quick Self Fixes that make previously found weak muscles instantly strong and keep them strong when the Quick Self Fixes are performed regularly. Strong muscles promote better function and comfort.

The focus of Quick Self Fixes and Targeted Muscle Testing is on creating and maintaining excellent health. This is an educational program only. Quick Self Fixes and Targeted Muscle Testing do not diagnose or treat disease, injuries, or ailments. This course does not provide anyone with a certificate or license to practice a healing art.

For safety reasons, prior to performing Quick Self Fixes, have people show this book to their Medical Doctor to be sure that the Quick Self Fixes are safe for them. Promptly stop doing any Quick Self Fix, if there is pain.

If a weak muscle does not become strong using Quick Self Fixes, refer the person to a Chiropractor who specializes in Applied Kinesiology or to their Medical Doctor.

Quick Self Fixes and Targeted Muscle Testing are activities which are best learned in person or alternatively from video. Static photos do not completely represent movement; however, they do serve as useful, portable reminders. Therefore, this Introduction to Quick Self Fixes and Targeted Muscle Testing book is designed to remind you of techniques you have studied on the video and/or in class.

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Please feel welcome to copy and share this introductory course with your family, friends, and colleagues. This free course may be accessed through www.QuickSelfFixes.com

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INTRODUCTION TO QUICK SELF FIXES

Most people, including Olympic athletes, professional sports athletes, and body builders have a significant number of muscles that test weak. The odds are extremely high that a significant percentage of your muscles will also test weak.

These muscles are not weak because you need more exercise. These muscles are most often weak because of connective tissue tightness and/or joint fixations that are disrupting blood flow, lymphatic drainage, cerebrospinal fluid flow, and/or nerve conduction that are essential for sustained muscle strength. These muscles have gone dormant like a bear hibernating in the winter to conserve its resources.

A NEW PARADIGM

The standard belief that exercise is the only way to make weak muscles strong is false! We now know that we can make a significant number of weak muscles instantly strong and keep them strong using specific connective tissue stretches and joint motions which we do to ourselves—the Quick Self Fixes.

The connective tissues that we stretch include ligaments, tendons, and fasciae. They are a complex network of intertwined layers of strong, spider web-like tissues, interweaving themselves in a matrix that connects and holds everything in the body together. Blood vessels, lymphatic channels, cerebrospinal fluid spaces, and nerves are supported by and travel through this massive connective tissue system.

MOST PEOPLE NEED QUICK SELF FIXES

- Do you have unresolved musculoskeletal pain? For example, do you sit at the computer all day with dull and nagging backaches?
- Do you have a job that requires physical labor?
- Are you a professional athlete, or athletic for fitness and fun?
- Do you feel low in energy, stiff, and/or weak?
- Do you want to slow the formation of arthritis in your joints?
- Do you want to increase your metabolism and hence burn more fat?

THE VALUE OF QUICK SELF FIXES ARE COMPREHENSIVE

- Improve overall strength and flexibility
- Help prevent and relieve pain
- Improve endurance
- Improve coordination
- Increase comfort
- Prevent and speed up the healing of injuries
- Increase vitality
- Slow the formation of arthritis
- Enhance athletic performance
- Increase metabolism and decrease fat

INTRODUCTION TO TARGETED MUSCLE TESTING

Dr. Cassius Camden Clay's research proves that in many of the medium and large muscles, the entire muscle is usually not weak, yet isolated sections within the muscles are weak. For example, the center or belly of larger muscles are commonly found weak. Traditional muscle testing does not isolate and test the center of muscles and misses these significant muscle weaknesses.

Dr. Clay has pinpointed 31 easy-to-learn, important muscle tests which identify muscle sections commonly found weak in adults on one or both sides of the body. Dr. Clay has personally developed 24 of the 31 muscle tests.

Targeted Muscle Testing and Quick Self Fixes go together because these repeatable muscle tests prove that Quick Self Fixes usually make the previously found chronically weak muscles instantly strong. People who perform the 32 Quick Self Fixes regularly join "Our Strong Club". Members of "Our Strong Club" test strong when all of the Targeted Muscle Tests are evaluated. This is truly a unique and cutting edge healing system.

Targeted Muscle Testing is bringing muscle testing to the mainstream by teaching how to test muscles exactly where muscles are commonly found chronically weak. Your success at finding weak muscles will be phenomenal! Your success at making these weak muscles instantly strong using Quick Self Fixes will be amazing!

This introduction to the Quick Self Fixes video/book and the Targeted Muscle Testing video/book and associated workshops are for professionals and lay people alike. You may choose only to learn the Quick Self Fixes for your personal benefit, or you may choose to learn both the Quick Self Fixes and Targeted Muscle Testing to educate and help others.

If you work in a related healthcare field, you may choose to integrate Quick Self Fixes and Targeted Muscle Testing into your professional practice. These skills will give you a highly competitive advantage within your profession. If you are not in a related healthcare field, you may choose to get a Personal Trainer certification which may help you to work for pay, doing Quick Self Fixes and Targeted Muscle Testing. Check laws in your area governing the scope of Personal Trainers.

THIS IS A NEW PROFESSION

When you find your results using Quick Self Fixes and Targeted Muscle Testing to be AMAZING, you are welcome to apply to join our team and become a certified workshop leader and help take Quick Self Fixes and Targeted Muscle Testing worldwide!

THREE MUSCLE TESTING PRECAUTIONS

FIRST: Do not muscle test people where they are injured as it can make them worse.

SECOND: Do not muscle test people when the muscle test causes pain. People generally do not hold strong even if they could when the muscle test causes pain. Also, pain indicates potential harm. Do not muscle test vulnerable, frail or fragile (old) people or you may cause harm.

THIRD: It is easy to overpower a strong muscle, making it appear weak by using too much force and/or speed. Muscles have two reflex systems which abruptly make strong muscles go weak to prevent injury when the muscle is being physically overstressed.

The five muscle tests in this introductory course use the arms as "levers" in open space giving a huge advantage to the muscle tester to overpower the muscle. Be careful. Do not overpower the muscle! When a muscle tests weak, continue moving the arm which is the lever for the test, all the way to the end of its full range of motion. This further validates the presence of muscle weakness.

HOW TO TEST THREE LEVELS OF MUSCLE STRENGTH

When muscle testing, meet the person at his or her level of strength and then incrementally increase your pressure to challenge their muscle strength. You want to feel their power. You want them to win the test. Do not overpower the test. You want the person to be strong. This is not a power struggle where you are trying to win the muscle test. You are gathering information to evaluate the person's degree of specific muscle strength as objectively as you can. Other students of Targeted Muscle Testing should find the same muscle weaknesses that you have discovered and then confirm that these weak muscles have become instantly strong after using Quick Self Fixes. Always retest the muscle after the associated Quick Self Fix to confirm that the previously weak muscle has become strong. **Do not do Quick Self Fixes before muscle testing or you will not find weak muscles to make strong!**

If the person being muscle tested is significantly stronger than the tester, a weak muscle may falsely test strong. Remedies for this situation are: (1) Workout with a physical trainer and become significantly stronger. (2) Refer people who are significantly stronger than you to a Targeted Muscle Testing colleague who can match the person's strength.

INITIAL STRENGTH: This test lasts for one second or less. If the muscle does not have initial strength, the muscle immediately goes weak. If a muscle tester is too forceful, it may even hurt. For this reason, the first test must be a very gentle trial test to confirm that the muscle has the initial strength to safely withstand the following core strength muscle test.

CORE STRENGTH: This test lasts for two seconds. If core strength is present, the muscle tests strong. If core strength is not present, the muscle may initially appear strong and then suddenly go weak during these first two seconds.

SUSTAINED STRENGTH: This test lasts for four seconds and tests for the muscle's endurance. When core strength is present and the muscle appears strong, this third and final test challenges the muscle for two seconds longer, testing the muscle's endurance for a total of four seconds. When the muscle passes the sustained strength test, it is confirmed strong beyond a reasonable doubt. It is important that the test last no more than four seconds as the muscle may fatigue.

Be careful. Allow the person to win these tests if they can. This is the most important concept while learning how to muscle test. It will take practice to become a confident muscle tester.

To start your initial strength muscle test, first explain the muscle test to the person you are testing so they will know exactly what to expect. For example, explain which way you are going to push or pull. Explain where and how you are going to brace them so they don't lose their balance during the test. Just prior to actually doing the test, say "Hold strong..." When you feel their muscle engage, immediately match your pressure to their strength and only then, gently increase your pressure for one second. If the muscle being tested is unable to meet your mild pressure and goes weak, that muscle does not have initial strength. It is weak and the test is over. Do not attempt the core strength muscle test. Remember, you are being taught how to test muscles exactly where muscles are commonly found chronically weak.

If this muscle meets your mild pressure, and thus has initial strength, continue by testing the muscle for core strength. Repeat the same test, incrementally increasing pressure for two seconds. If the muscle goes weak during these two seconds, it is weak. If the muscle tests strong, it has core strength.

When the muscle has core strength, perform a final test incrementally increasing more pressure for four seconds and no more than four seconds. This tests sustained strength. If the muscle remains strong for the four seconds, this confirms beyond a reasonable doubt that this muscle is indeed strong and has endurance. If you are confused, do not worry as these concepts will be reviewed repeatedly on the accompanying video. **In the end, it appears as though the practitioner is doing one muscle test, where in fact, he or she is performing three muscle tests incrementally increasing pressure for four seconds while evaluating Initial, Core and Sustained Strength.**

Targeted Muscle Testing evaluates muscle strength and weakness on a pass or fail basis. A muscle may initially test weak. Following treatment, it may test significantly stronger, yet it fails the muscle test. It is still weak. When students of muscle testing say “the muscle is better”, as a muscle testing instructor, Dr. Clay says “Oh it’s better? Well is it still weak or is it now strong?” The big question is, does the muscle pass or fail the muscle test?

The Quick Self Fixes video and book teach 32 self treatments that prevent and resolve connective tissue tightness and/or joint fixations. These self treatments make chronically weak muscles instantly strong and keep them strong.

The Targeted Muscle Testing video and book teach how to perform 31 specific muscle tests which are commonly found chronically weak in adults on one or both sides of the body.

To learn the remainder of the Quick Self Fixes and Targeted Muscle Tests for the shoulder joint and the rest of the body—including feet, ankles, knees, hips, low back, middle back, upper back, neck, elbows, wrists and hands—go to www.QuickSelfFixes.com or call 404-808-4280.

Learning Quick Self Fixes and Targeted Muscle Testing from a video and a book is like learning yoga from a video and a book. It does not replace a live teacher. We invite you to attend our workshops for better competency. Come to us or bring us to you.

**For available products and services,
please see QuickSelfFixes.com**



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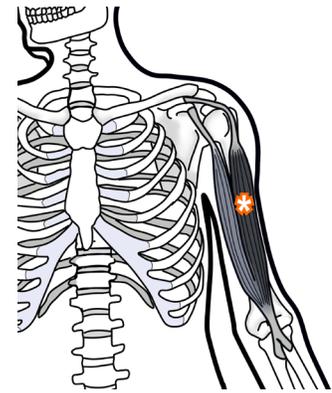
Sometimes the biggest issue in learning Targeted Muscle Testing and teaching Quick Self Fixes is finding people to practice on. Be brave! Ask for help and people will help you.

Perform each of the following muscle tests on both sides of the body.

MUSCLE TEST: Biceps Brachii, Long Head Division

THE SET UP (Photo A)

1. Tester instructs the person to stand and hold the arm being tested:
 - Straight out to the front of the shoulder
 - Parallel to the floor (90 degree angle)
 - Elbow locked straight
 - Palm facing upward
2. Tester stands in front of the person and braces the person's opposite shoulder to prevent the person from falling forward during this test.
3. Tester contacts the person's forearm just before the wrist on the palm side.



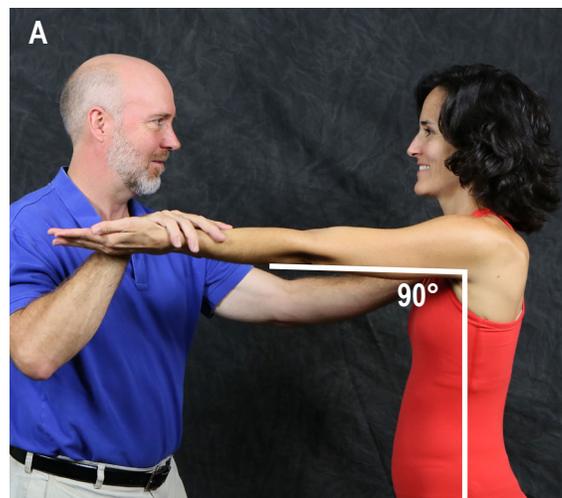
Arm view from front

THE TEST

4. Tester instructs the person to "Hold strong upward".
5. Tester feels for the person's muscle to engage and then applies pressure to push the arm downward, while the person resists upward.
6. This action is done by escalating the pressure to evaluate initial strength, core strength, and sustained strength.

Note: If the person being tested is much taller than the tester, this test may be done with the person sitting in a chair or lying face up.

THE QUICK SELF FIX FOR THIS MUSCLE TEST IS THE BICEPS TENDON FIX.



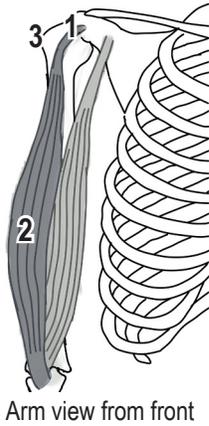
The starting point for this test



A weak test result

QUICK SELF FIX: Biceps Tendon Fix

KNOW YOUR BODY



Arm view from front

This fix helps prevent shoulder pain. It also helps maintain normal ranges of motion in the shoulder joint.

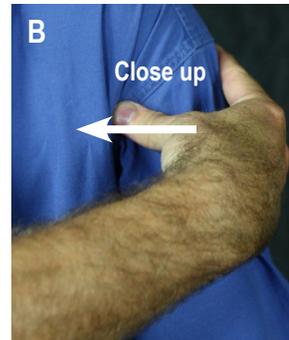
The tendon (1) to the biceps brachii's, long head muscle division (2) crosses over the humeral head (3) in the shoulder joint and often becomes fixated. This causes the biceps muscle to go weak when being tested in order to prevent injury to the fixated tendon.

The Biceps Tendon Fix makes the biceps brachii long, head division muscle instantly strong!



THE SET UP

1. **(Photo A)** Allow the left arm to hang loosely at your side with the palm lightly touching the front of your thigh on the same side. The left shoulder is the shoulder you are fixing.
2. **(Photo B)** Use the thumb of your right hand to pin the biceps tendon on the front of the upper left arm just below the head of the humerus (3). Be sure not to pin too high up on the arm. Your thumb will be parallel to the floor and pressing the tendon firmly, yet not painfully, toward your opposite shoulder.
3. **(Photo C)** To stabilize this pin, place the four fingers of your right hand behind or on the outside of your left shoulder.



Note: Do not cause pain. Be gentle.

THE FIX

4. **(Photo D)** Now hold your thumb pin steady on the upper left arm while you flip this arm at a slow to medium speed outward, backward, and behind your body. As you flip your arm backward, the hand should come up to eye level (not pictured). Make sure that at the end of this motion, your arm is straight at the elbow and your palm faces away from your body (see circle on photo D). This move outwardly (externally) rotates your arm from the shoulder.



MUSCLE TEST: Supraspinatus, Belly of Anterior Division 🌟

THE SET UP (Photo A)

1. Tester instructs the person to stand and hold the arm being tested:
 - Outward to the side of the body, hand positioned 30 degrees away from the hip
 - Elbow locked straight
 - Palm facing backward
2. Tester stands behind the person and braces the person's opposite hip to prevent the person from falling to the side during this test.
3. Tester contacts the person's forearm by gripping just above the wrist on the little finger side.



Shoulder view from back

THE TEST

4. Tester instructs the person to “Hold strong straight out to the side”.
5. Tester feels for the person's muscles to engage and then applies pressure to push the forearm toward the person's same side hip, while the person resists by pushing their arm straight out to the side away from their body.
6. This action is done by escalating the pressure to evaluate initial strength, core strength, and sustained strength.



The starting point for this test



A weak test result

THE QUICK SELF FIX FOR THIS MUSCLE TEST IS THE SHOULDER FIX.

QUICK SELF FIX: Shoulder Fix

KNOW YOUR BODY

This fix helps prevent rotator cuff muscle injuries. This fix may also be performed in bed to prevent shoulder pain while sleeping on your side.

The Shoulder Fix makes the four rotator cuff muscles - supraspinatus, infraspinatus, teres minor, and subscapularis instantly strong!

THE SETUP

1. **(Photo A)** Place your left hand on top of your right shoulder. The left shoulder is the shoulder you are fixing.

2. **(Photos A and B)** Clasp the left elbow with your right hand. Keep both elbows close to your ribcage.

Note: If you have a large chest, alter this setup by bringing your elbow to the side touching your ribcage.

3. Use the right hand to push the left elbow and shoulder vertically upward as far as they can comfortably go.

Note: Do not cause pain. Be gentle.

THE FIX

4. **(Photo C)** Now use the right hand to deliver a quick, gentle push, further pushing the left elbow upward. Your focus is to use the elbow as a contact point to lift the upper arm (humerus) straight up into the shoulder joint.

Note: Do not yank or jerk your arm. Do not lift your elbow away from your body.

To summarize, the Shoulder Fix has two actions:

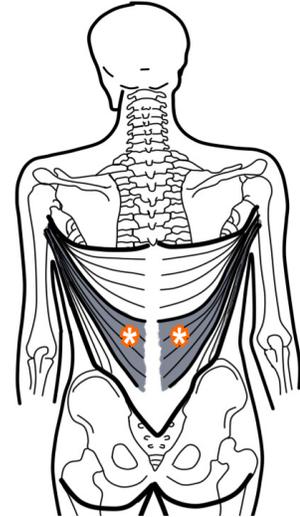
- a. Push the shoulder completely and firmly upward, taking out any and all slack in the shoulder joint. Keep the shoulder at full tension in this upward position.
- b. Make a quick, yet gentle push further upward, pushing the arm straight up into the shoulder joint. The actual movement is slight.



MUSCLE TEST: Latissimus Dorsi, Belly of Middle Division

THE SET UP (Photo A)

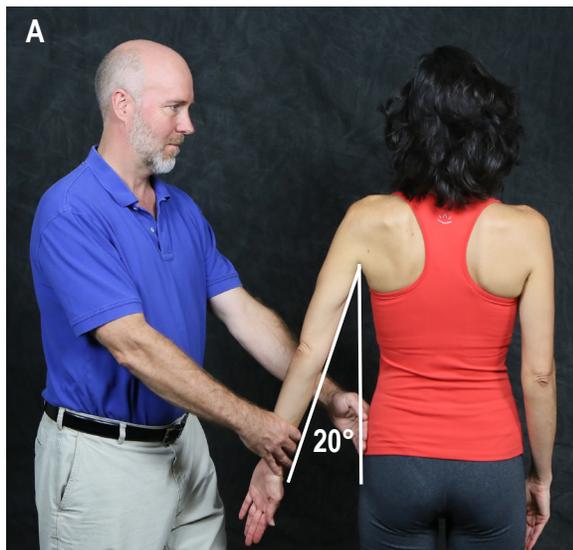
1. Tester instructs the person to stand and hold the arm being tested:
 - Straight out to the side of the hip, with hand positioned 20 degrees away from the hip
 - Elbow locked straight
 - Palm facing backward
2. Tester stands to the side of the person and braces the person's same side hip to prevent the person from falling to the side during this test. The palm of the tester's hand faces the tester as shown in photo A.
3. Tester contacts the person's forearm just above the wrist on the thumb side.



Spine view from back

THE TEST

4. Tester instructs the person to "Hold strong in toward your body".
5. Tester feels for the person's muscle to engage and then applies pressure to pull the arm directly away from the person's body, while the person resists by pulling their arm in toward their same side hip.
6. This action is done by escalating the pressure to evaluate initial strength, core strength, and sustained strength.



The starting point for this test



A weak test result

**THE QUICK SELF FIX FOR THIS MUSCLE TEST IS
THE LATTISIMUS DORSI FIX.**

QUICK SELF FIX: Latissimus Dorsi Fix

KNOW YOUR BODY

This fix helps prevent middle and low back instability and thus supports comfort during extended sitting periods, such as computer work or while driving. Strong latissimus dorsi muscles also contribute to proper shoulder posture by helping stabilize the shoulder joints.

This fix is a Body Reflex Point. By definition, a Body Reflex Point is a relatively sore, small area that once stimulated, reflexively makes specific weak muscles instantly strong.

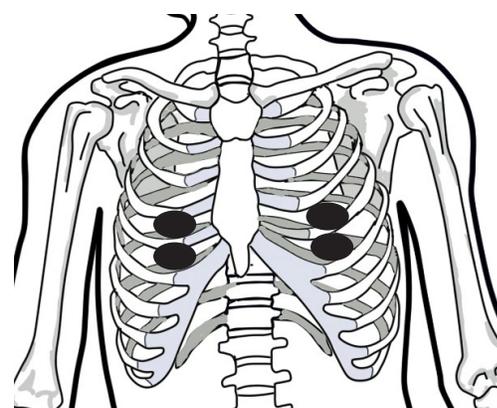
The Latissimus Dorsi Fix makes the latissimus dorsi and the lower trapezius muscles instantly strong!

THE SET UP

1. **(Photos A and B)** Press the middle fingertip deeply between the ribs to search for tender points located on the chest, below the pectoralis major muscles, which are beneath the breasts. These tender points are Body Reflex Points. They are below and in line with the normal male nipple position on both sides of the chest. Search for tender points between ribs in these areas on both sides of the ribcage.

Note: On large breasted women, these points may be covered by the breasts.

Note: Ribs are fragile and can break. Do not massage the rib bones.

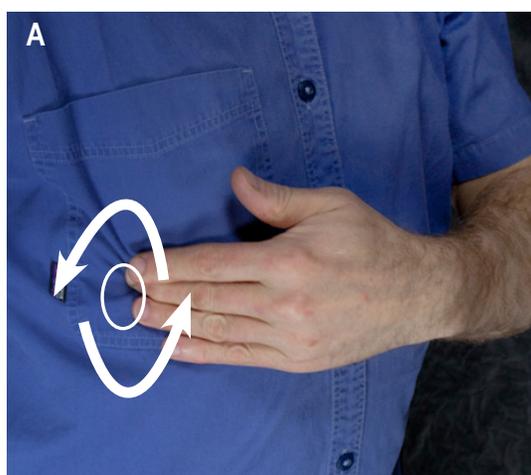


Chest view from front

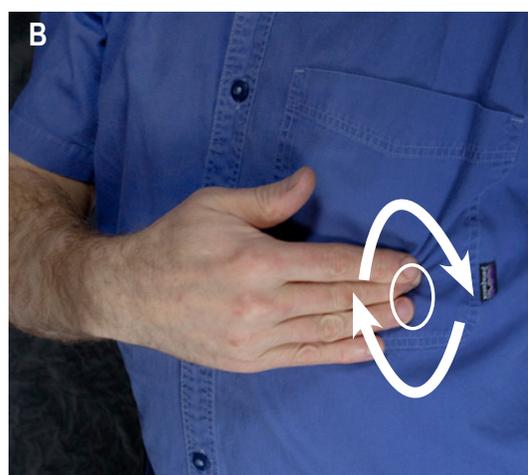
THE FIX

2. With your middle finger, vigorously and firmly massage these tender points between the ribs in small circular motions for up to ten seconds each. Stay within your acceptable threshold of discomfort.

Note: There may be one or two tender points to massage on one or both sides of the chest.



Right Side

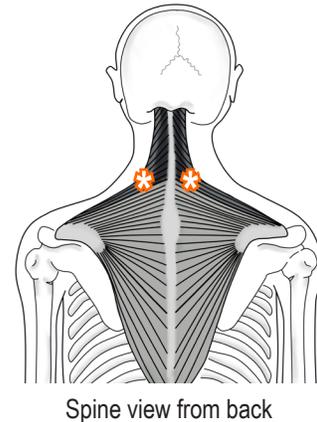


Left Side

MUSCLE TEST: Upper Trapezius, Scapular Division, Medial Zone ❁

THE SET UP (Photo A)

1. Tester instructs the person to stand and hold the arm being tested:
 - Diagonally upward to the front from shoulder level (135 degrees)
 - Elbow locked straight
 - Palm facing downward
 - Hand positioned so that it crosses the person's midline by ten degrees
2. Tester stands in front of the person on the opposite side being tested and braces the person's opposite shoulder to prevent the person from falling forward during this test.
3. Tester contacts the person's forearm just before the wrist and on top of the forearm with the person's palm facing downward.



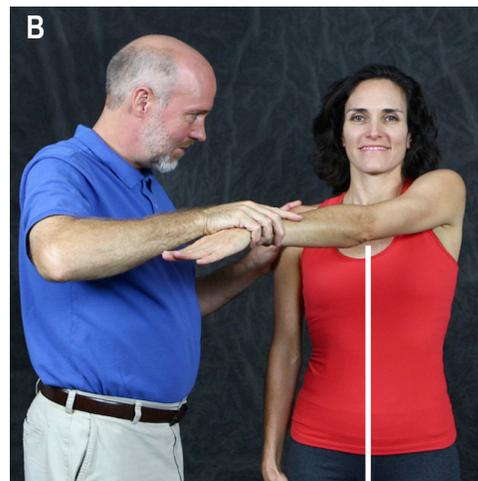
THE TEST

4. Tester instructs the person to "Hold strong upward".
5. Tester feels for the person's muscle to engage and then applies pressure to pull the arm downward, while the person resists by holding their arm upward.
6. This action is done by escalating the pressure to evaluate initial strength, core strength, and sustained strength.

Note: If the person being tested is much taller than the tester, this test may be done with the person sitting in a chair or lying face up.



The starting point for this test



A weak test result

**THE QUICK SELF FIX FOR THIS MUSCLE
TEST IS THE CRANIAL FIX.**

QUICK SELF FIX: Cranial Fix

KNOW YOUR BODY

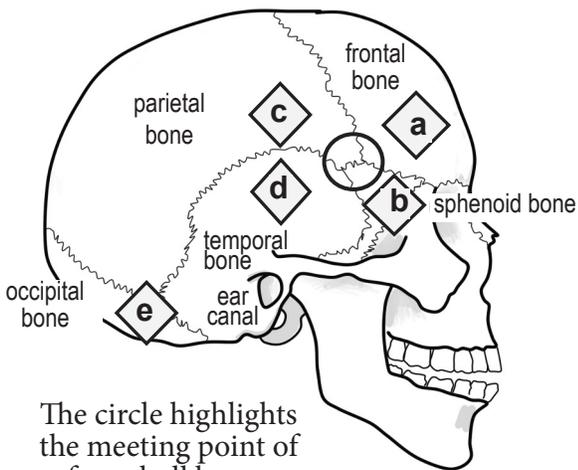
This fix helps prevent neck, upper back, and shoulder pain.

A very light touch to the head is enough to make the associated weak muscles instantly strong.

The focal point for this fix surrounds a powerful healing point where four skull bones meet: the frontal, sphenoid, parietal, and temporal bones. This meeting point is in front of and slightly above the ear. This procedure helps create proper positioning of these skull bones.

The Cranial Fix makes the upper trapezius and deltoid muscles instantly strong!

Fingers touch on the five bones.



The circle highlights the meeting point of four skull bones called the pterion.

THE SET UP

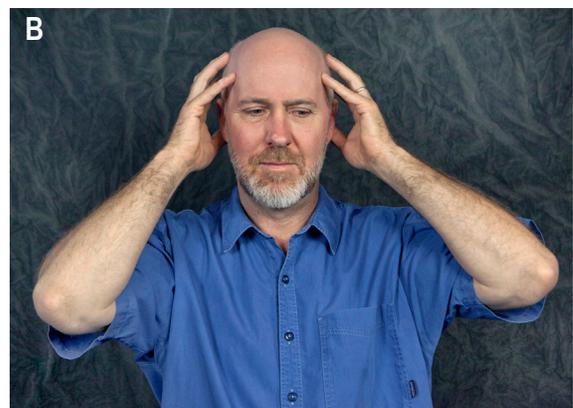
1. **(Photo A)** Allow your fingertips to touch very, very softly on the side of your head. Hold your palm over but not touching your ear with your fingers splayed out as follows:

- Little fingertip on the forehead (frontal bone)
- Ring fingertip on the temple (sphenoid bone)
- Middle fingertip high on the side of the head (parietal bone)
- Index fingertip behind the ear (temporal bone)
- Thumb at base of the skull (occipital bone)

Note: There is no need to stress over the exact placement of fingers since the fix works when the finger placements are close.

THE FIX

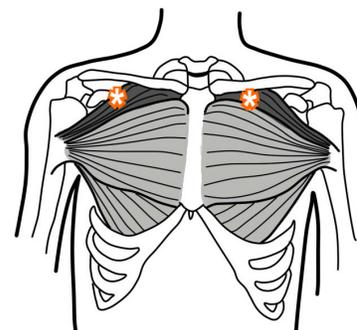
2. **(Photo B)** The Cranial Fix is done on both sides of the head at the same time. Hold for 10 seconds.



MUSCLE TEST: Pectoralis Major, Belly of Superior Division ❄️

THE SET UP (Photo A)

1. Tester instructs the person to stand and hold the arm being tested:
 - Straight out to the front of the shoulder
 - Parallel to the floor (90 degree angle)
 - Hand positioned so it crosses the person's midline by ten degrees
 - Elbow locked straight
 - Palm facing outward so that the thumb points toward the floor
2. Tester stands in front of the person and braces the person's opposite shoulder to prevent the person from falling to the side during this test.
3. Tester contacts the person's forearm by gripping just before the wrist, opposite of the palm side.



Chest view from front

THE TEST

4. Tester instructs the person to "Hold strong, in toward the opposite shoulder".
5. Tester feels for the person's muscle to engage and then applies pressure to push the arm away from their body, while the person resists by holding their arm inward.
6. This action is done by escalating the pressure to evaluate initial strength, core strength, and sustained strength.

Note: If the person being tested is much taller than the tester, this test may be done with the person sitting in a chair or lying face up.



The starting point for this test



A weak test result

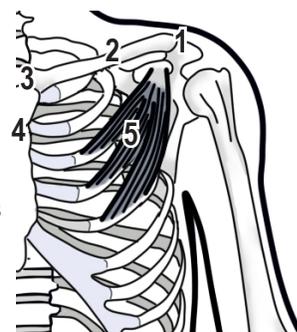
**THE QUICK SELF FIX FOR THIS MUSCLE TEST
IS THE CLAVICLE FIX.**

QUICK SELF FIX: Clavicle Fix

KNOW YOUR BODY

This fix helps prevent tension and pain between the shoulder blades.
This fix also helps prevent numbness and tingling in the arm and hand.

Keeping the pectoralis minor strong prevents “pectoralis minor syndrome”. When weak sections are present in the pectoralis minor, strong adjacent sections of the muscle tense up to compensate for the associated weakness. This muscle tension in the pectoralis minor muscle can create a pinching pressure on the brachial plexus causing numbness and tingling in the arm and hand. This fix briefly stretches your acromioclavicular joint (1), which is where your collarbone (clavicle) (2) meets your shoulder blade (scapula). It also briefly stretches your sternoclavicular joint (3) where your clavicle meets your breast bone (sternum) (4).



Shoulder view from front

The Clavicle Fix makes the pectoralis minor (5), pectoralis major (inferior & superior divisions) and the middle trapezius (middle, superior, & inferior divisions) muscles instantly strong!

THE SET UP

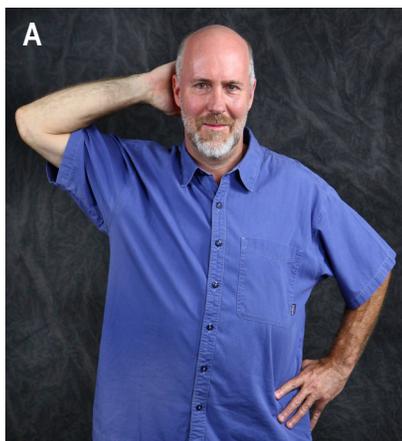
1. **(Photos A and B)** Place your hand behind your head on the side being treated.
2. **(Photo B)** Reach your elbow as far back as you comfortably can.

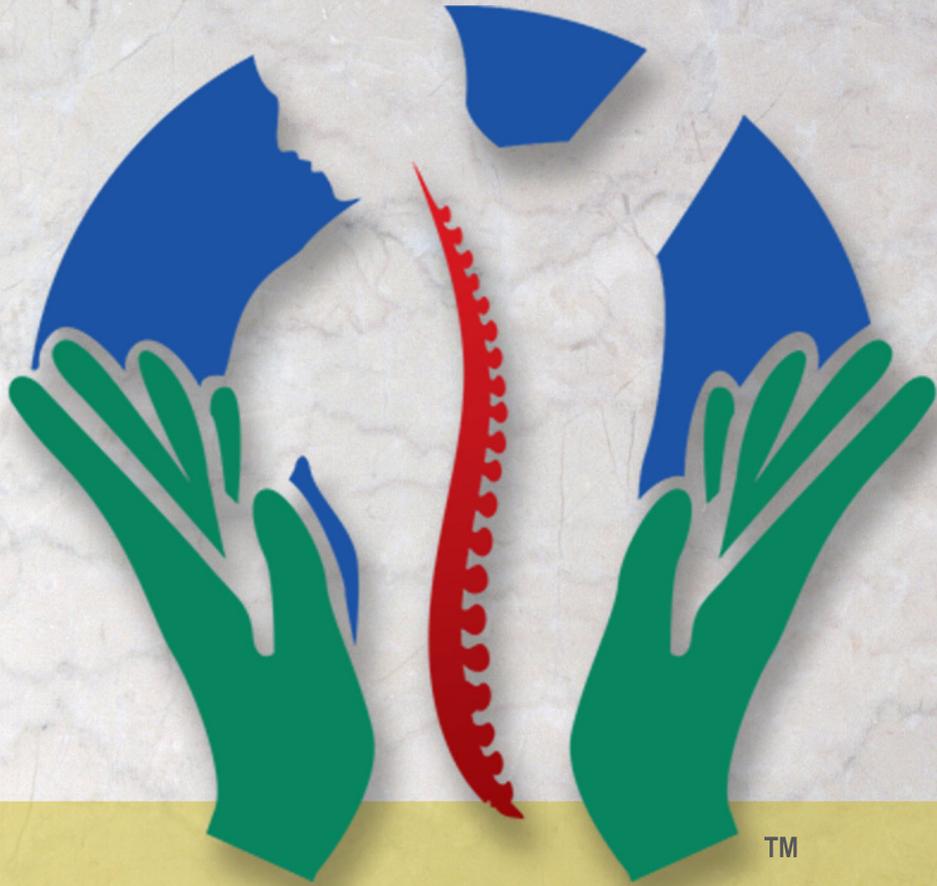
Note: Do not cause pain. Be gentle.

THE FIX

3. **(Photo C)** Simultaneously:
 - a. Take a deep, sudden, slurping breath through your mouth that lifts the clavicle upward.
 - b. At the same time, make a quick gentle backward swing, moving the elbow a little farther backward and up. This stretches the joints at either end of the collarbone (clavicle).

Note: For safety reasons, do not torque your spine during this procedure.





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