

CLAVICLE DRAINAGE SCRIPT

Clavicle Drainage involves gentle massage around the collarbone (clavicle) area to stimulate lymph flow and encourage the removal of toxins and excess fluid.

Here are the steps of the Energy Flow® Clavicle Drainage exercise:

1. Take your index and middle finger and make a 'V', and push them outwards on either side of your collarbone.
2. You can put firm pressure and breathe out as you push outwards.
3. Repeat on the other side.

It helps with frozen shoulder and to get the energy moving.

Reflection questions:

1. As you pressed outward along the collarbone, what sensations did you feel?
2. Did breathing out during the movement change how your shoulders or chest felt?
3. After the exercise, did you notice any shift in tension or openness in the upper body?