

## SCM (front of neck) stretch

This is the big muscle in the front of the neck that runs from the breastbone (sternum) up behind the ear. When it is tight, it not only can cause neck pain and headaches, but can contribute to dizziness, nausea, and other problems. Because it runs at an angle, its tricky to stretch. Remember, if you are doing it right, you'll feel it in your tight places.

### Do this one lying down or sitting upright

**1-PINCH or touch- pinch or grasp the tight part of the muscle** with your opposite hand, and hold it as you stretch the muscle. To do this, first tip your head toward the side you want to stretch to slack or soften the muscle. Then grasp the tightest part of the muscle. . For the upper neck, you are better off just gently pressing in with your thumb or fingers.

### If you can't seem to grasp the muscle, here is step 1B

Using your opposite hand, **hold the collarbone down** on the side you want to stretch. Hold the collarbone near the midline, just to the side of your throat.

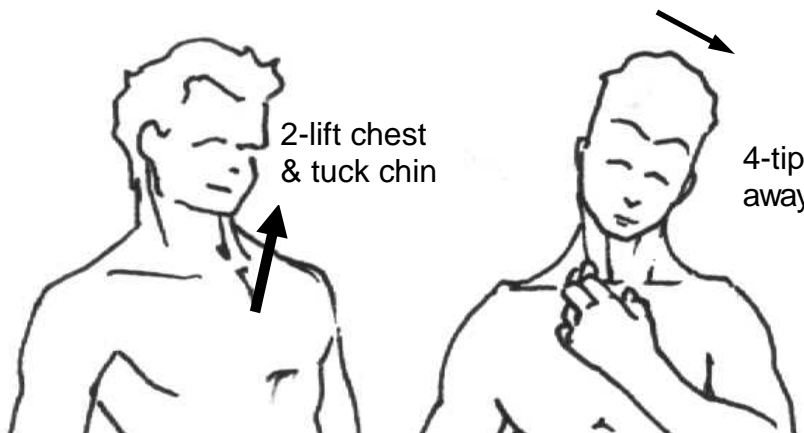
**2- TUCK AND LIFT-Tuck your chin, and lift your chest**, lifting the top of your head up. Hold this tucking throughout the stretch.

**3- TURN TOWARD- Rotate your head 20-30 degrees (not far) toward the side you want to stretch.** Your nose should be directly over the hand that is touching or pinching the muscle.

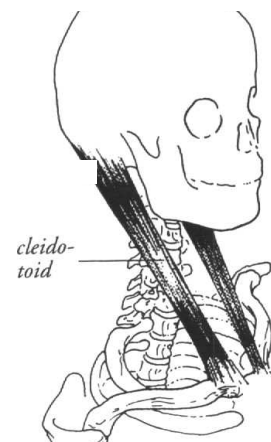
**4- TIP AWAY-Tip your head sideways, sidebending away** from the side you are stretching. You should now feel the stretch through the front of the neck. Yes, you are rotating your head one way and tipping it the other. If you are grasping the muscle, pull downward on it. You can also put some skin lotion on, and glide down the muscle with your fingers. Maintain the chin tuck.

Hold the stretch for 30-90 seconds, 2-3 reps, 1-2 X/ day

OR you can go slowly in and out of the stretch, holding for 3-10 seconds, and repeating 3-10 times, 1-2X/ day.



picture of the SCM



exer C6-v8 © M Heller