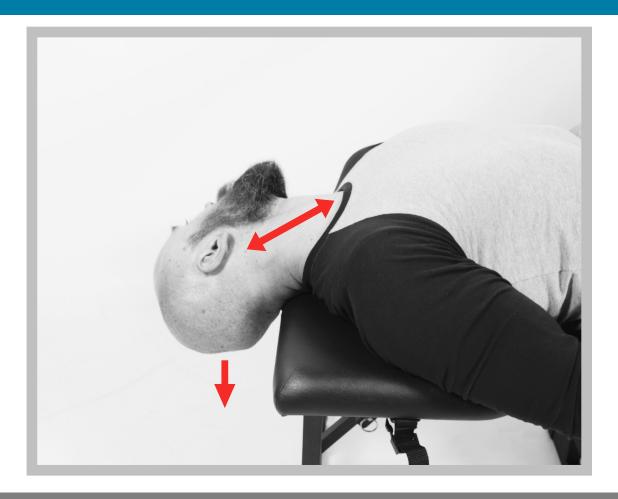
## ANTERIOR NECK (STERNOCLEIDOMASTOID EMPHASIS)



## **INSTRUCTIONS**

Option 1: Start lying face up on a bed so your head is able to hang comfortably over the edge. Turn your head so the side you want to stretch is facing up. Relax your head until a gentle stretch is felt along the front side as indicated by the double arrow in the picture above.



Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / \_\_\_\_x/wk