

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.



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Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / ____x/wk