



**Robyn Dey RMT**  
Massage Therapy

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## Sternocleidomastoid (SCM) Muscle Stretch

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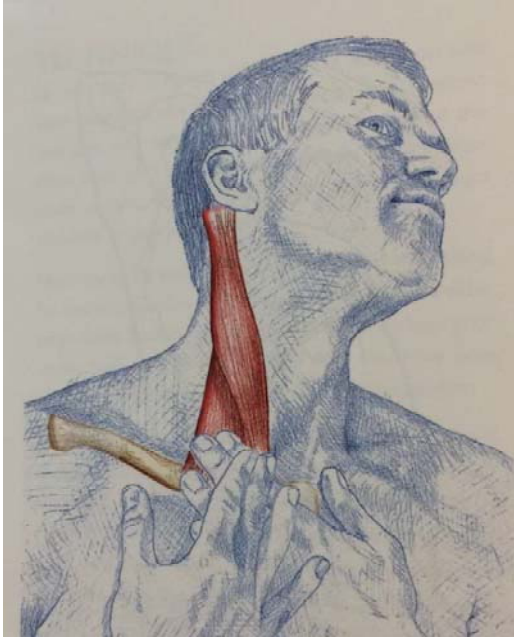


Figure A

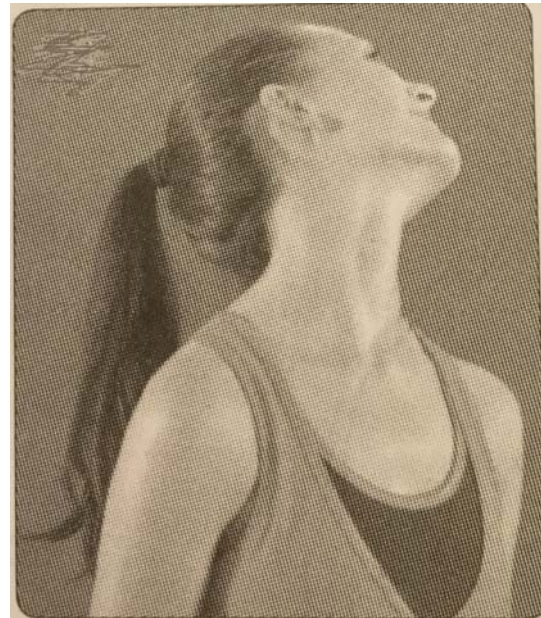


Figure B

### Instructions to stretch your **right** sternocleidomastoid (SCM) muscle

1. Always warm your muscles before exercising.
2. While seated, use your fingers to place a slight pressure on your SCM muscle on your collar bone (as shown in the picture above).
3. Move your head backwards slightly **AND**
4. Move your left ear towards your left shoulder. You should feel the stretch along the right side of the front of your neck (where the SCM muscle is). (Fig A)
5. To increase the stretch, turn your head to look behind your left shoulder. (Fig B)
6. Breathe out as you increase the stretch.