

# Neck Stretches



## Anterior Scalene and Sternocleidomastoid (S.C.M.) Stretch

Step 1: Lower left shoulder; turn the head 45° to left

Step 2: Place fingertips of right hand on forehead

Step 3: Exhale; gently drop head back toward opposite side

Step 4: Assist stretch with right hand for 2 seconds

1. **Do not perform this stretch if it makes you dizzy, disoriented, or nauseous**

Step 5: Repeat on Right side