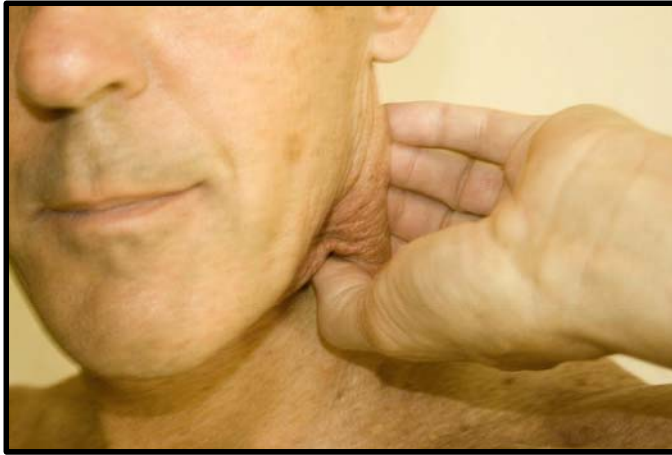


## Self Care Sternocleidomastiod (S.C.M.)



- Step 1: Place thumb and fingers on the front and back of the S.C.M.
- Step 2: Gently squeeze muscle
- Step 3: Slowly look up as you squeeze and stretch muscle
- Step 4: Repeat on the opposite side



This is a great self care stretch to relieve a “crick” in the neck and pain or pressure behind the eyes or in temporal area