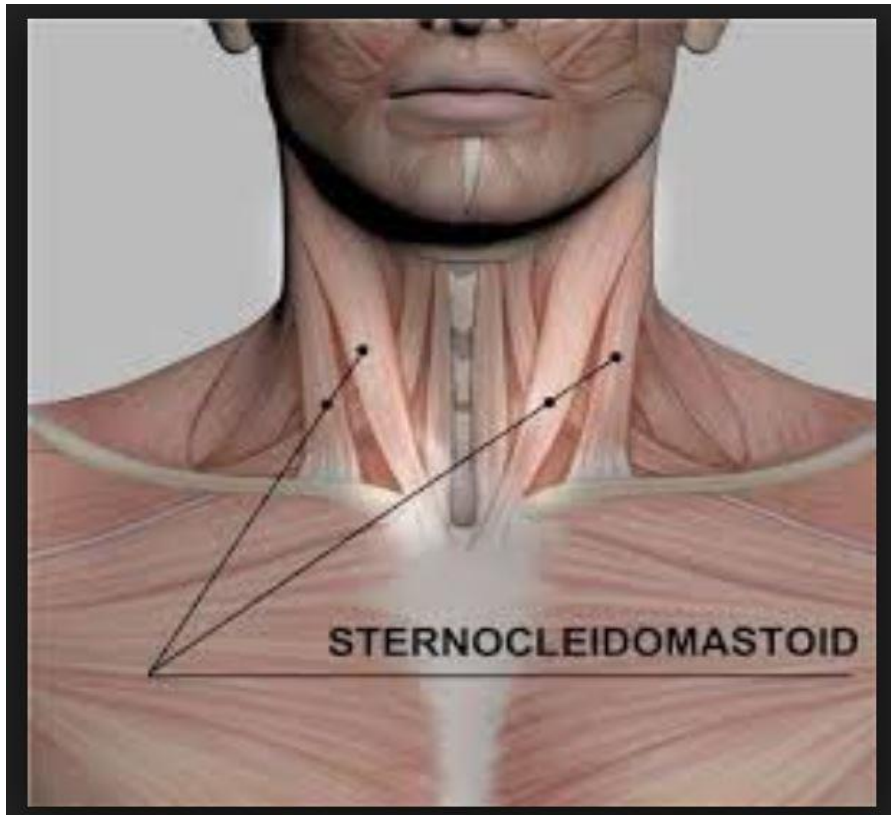


# Getting to Know Your Muscles

Week 3 – February 12, 2018

## The Sternocleidomastoid

The sternocleidomastoid muscle, or SCM is one of the largest muscles of the neck. When the SCM muscle is tight the jaw protrudes forward. This pulls the head out of its correct alignment. Stretching gets the muscle to relax and return to its normal length so the jaw can stay in its correct position.



The primary actions of the muscle are turning the head right and left, tilting head backward (extension) and flexing the neck forward (moving chin to chest). It is connected at the temporal bone, the sternum and the clavicle.

### Stretching the SCM:

#### *1- Side Neck Rotations*

Turn your neck side to side. This motion stretches the SCM on the side of the neck that you turn away from. The SCM activates to turn the neck. Position your neck so that your chin is perpendicular to your neck throughout this stretching

exercise - do not tuck chin down or lift it up. Turn your head to the left until you feel a stretch in the right side of your neck. Hold for 20 seconds. Turn your head to the right for 20 seconds and then look straight again. Rest for 15 seconds and repeat twice.

#### *2 - Forward Neck Rotations*

To begin drop your chin slowly to your chest. Lift your chest and retract your shoulders too. Next, rotate your head to the left so that your ear moves toward your shoulder. Slowly rotate to the right. Do a few neck rotations at a slow tempo.

#### *3 - Sternocleidomastoid Stretch With Chin Raise*

The SCM stretch with a chin raise involves tilting the chin up instead of dropping it down. Turning to the side begins the stretch and then lifting the chin elongates the muscle. To begin turn to look to the left and then slowly bring the chin up diagonally to point toward the ceiling. Do not lift the shoulders. Hold the stretch for 20 seconds and then reverse the movement. Rest for 15 seconds and then repeat. After three reps, stretch to the right.

## MUSCLES THAT INFLUENCE THE LARYNX

Weeks 1 and 2 – January 29 & February 5, 2018

### Masseter & Temporalis

1 – Masseter = Clenches Jaw

Relax it by running fingers down side of cheekbone in front of ears from cheekbone to bottom of jaw.

2 – Pterygoil (terrygoyd) = Helps with Chewing (this muscle is deep and harder to find)

It is attached below the cheekbones. Relax it by making small circles both directions.

3 – Temporalis = Helps to Open & Close Mouth

Above ears – open and close mouth to feel it.

To relax it make broad circles both directions.

