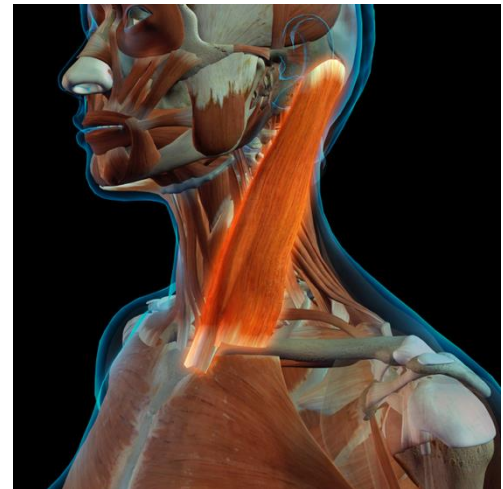


SCM Stretch:

Here is how you stretch your left SCM **step-by-step**:

- Turn your head slightly to the left (as if you were looking over your left shoulder)
- Tilt your head to the right (as if you were bringing your right ear to your shoulder)
- Tilt your head up (as if you were pointing your chin at the sky)
- Keep your left shoulder down by driving your left hand to the floor.
- If you're not feeling the stretch in your SCM yet, play around with slight head angle shifts. For example, try rotating your head more towards the middle. This allows you to tilt your head further back and to the right.
- If you feel like you need to push your head a little deeper into the stretch, use two fingers to push and be gentle. If you stretch your left SCM, use your right hand for that. Remember that the SCM attaches to your collarbone, so it is essential to keep your shoulder down on the side you're stretching to lengthen the muscle.

To stretch your right SCM, repeat the movements on the opposite side. You can perform the stretch standing or sitting.



How this stretch works:

The SCM muscle originates at your collarbone (clavicle) and breastbone (sternum) and inserts at the base of your skull, just behind your ear.

Engaging the SCM on only one side leads to the following movements (depending on which other muscles are engaged at the same time):

- When you contract your left SCM, you tilt your head to the left side — bringing your left ear to your shoulder.
- When you contract your left SCM, you turn your head to the right (opposite) side — looking over your right shoulder. A lot of stretches overlook this aspect and have you turn your head in the wrong direction, making them less effective.

This information tells you how to lengthen your SCM by simply doing the opposite: To lengthen your SCM on the left side, turn your head slightly to the left — looking over your left shoulder — and tilt it to the right side, bringing your right ear to your shoulder.

Is it not stretching yet? Move your chin up towards the sky.

Why Stretching Is Not Enough

Whether you suffer from SCM syndrome or forward head posture, stretching is a good way to start.

In case of pain, stretching will relieve tension and hopefully decrease the intensity of the pain quickly. However, if you keep having problems with this muscle, you have to address the underlying cause of the tension: The surrounding neck muscles are not doing their job.

Therefore, strengthening your neck is necessary too. When the other neck muscles become strong enough to hold your head in position, your SCM doesn't have to compensate anymore. The problem of constant tension will go away. However, you have to be patient. The strength gains won't come overnight but they will come slowly over time — if you consistently train.

To assist in strengthening your neck, we have compiled a [free guide covering all the neck exercises you'll ever need](#). They are safe to do and we even provide you a PDF sheet summarizing all of them.

Similarly, forward head posture is not caused by the SCM alone. Muscles in your neck, shoulders, back, and the rest of your body all play a crucial role in your posture. Your SCM doesn't pull your head forward because it is too strong or "overactive". Other muscles are simply not performing their job well enough.

Strengthening your neck will also contribute to fixing forward head posture. But text neck is not an isolated problem. Oftentimes, your posture is disrupted from the bottom up. Therefore, focusing only on the neck will not solve the problem. To truly see change, you have to work on your whole body. Our 90-day posture improvement plan does exactly that.

Our promise is: [Improve your posture in 90 days or get your money back!](#)

<https://posture-labs.com/programs/improve-your-posture-in-90-days/>

