

SCM and Temporalis Stretches

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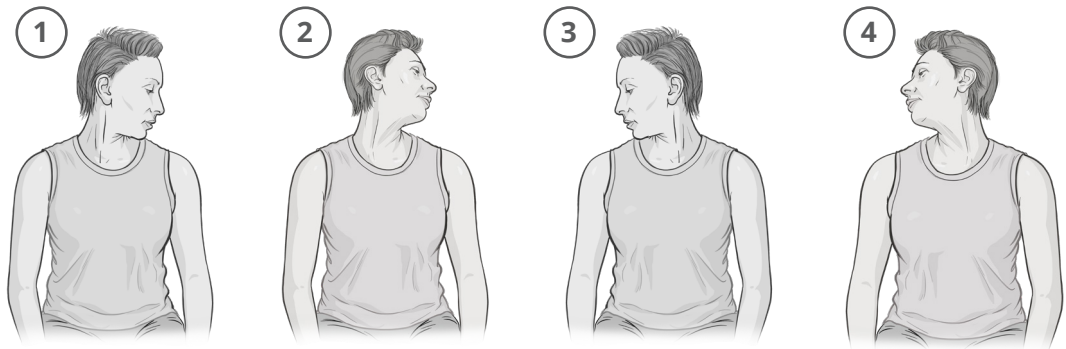
Patient Rehabilitation Sheet © All Rights Reserved.

Caution: Please consult your healthcare professional before you attempt these exercises.

SCM Stretches

Perform 3 times a day

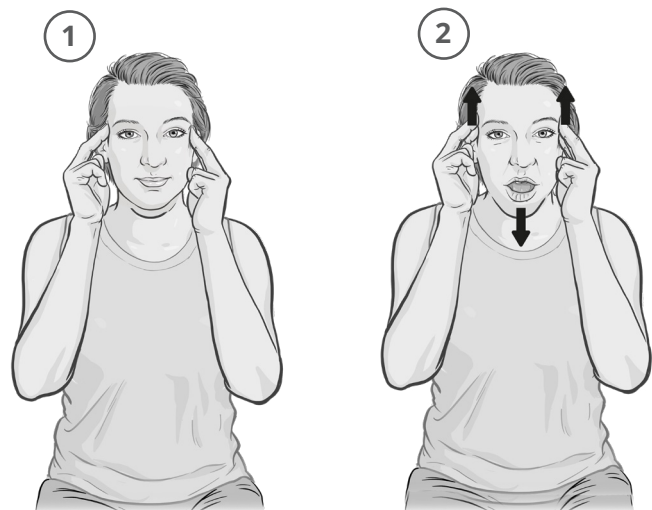
1. Turn your head to the left until you feel the maximum comfortable stretch in your neck and hold this position for about 15 to 20 seconds.
2. Now, tilt your head backward until you feel the maximum comfortable stretch in your neck and hold this position for about 15 to 20 seconds.
3. Turn your head to the right until you feel the maximum comfortable stretch in your neck and hold this position for about 15 to 20 seconds.
4. Now, tilt your head backward until you feel the maximum comfortable stretch in your neck and hold this position for about 15 to 20 seconds.



Temporalis Stretches

Perform 3 times a day

1. Place two fingertips on both sides of your head, just above eye level.
2. While pressing your fingertips into your head, slide your fingertips upward while opening your mouth as wide as possible until you feel the maximum comfortable stretch in your temples.



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