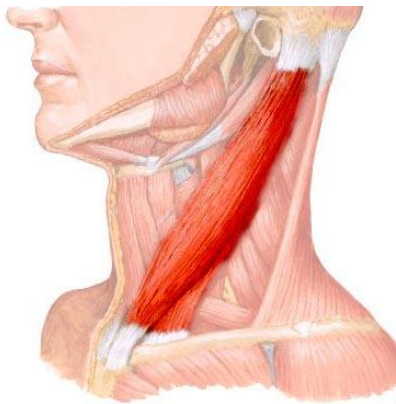


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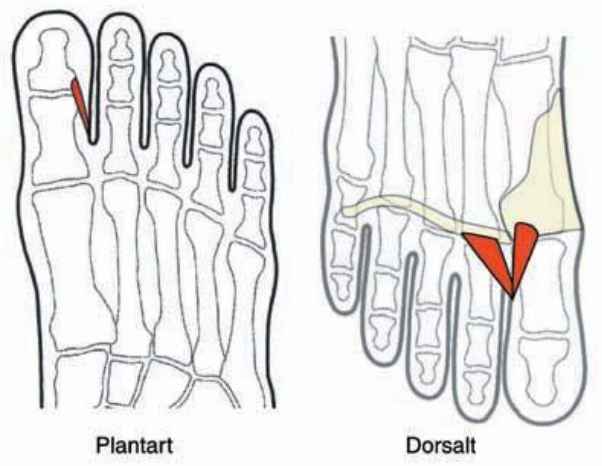
Coming to Hood River, OR June 24 and 25.
See Events at this website for more
details about "Round about: Digestion"
with Dorthe Krogsgaard and Peter Lund Frandsen
from Denmark



The Sternocleidomastoid - an important “neck joker”

Why do so many people suffer from neck problems? And why is it often so difficult to deal with? One explanation is found in the fact, that the neck is always trying to position the head to keep the eyes horizontal. All obliquities and other misalignments in the body undergo a final adjustment by the neck. Especially the SCM-muscle is often working overtime.

The SCM-muscle is one of the most important, and the most versatile of all neck muscles. Thanks to its unique placement it has the ability to move the cervical spine in many directions including rotation, side bending, flexion and extension.



Foot reflex for the sternocleidomastoid
© Touchpoint



Stretching exercise for the SCM

Structures influenced by the SCM	Physiological change	Possible signs and symptoms
Trigger points	The trigger points give characteristic radiating pains	Pains around the ear, the forehead or top of the head
Lymphatic vessels and glands on the neck	Reduced lymphatic drainage of the head	Chronic sinusitis or middle ear infection
The Vagus nerve	Pinching of the nerve	Influence on inner organs
The Phrenic nerve	Pinching of the nerve	Changed breathing pattern
Proprioceptors	Changes in the balance system	Dizziness Coordination problems
Throat	Compression	"Thickness" in the throat Problems with swallowing

A special section on the Sternocleidomastoid is part of Touchpoint's



About the teachers

Dorthe Krogsgaard with over 30 years of clinical experience as a reflexologist and Peter Lund Frandsen with a background of medical studies as well as reflexology, form a perfect partnership as educators. They have been teaching extensively all over the world since 2001.

