

STERNOMASTOID

Meaning: Sternomastoid refers to a muscle in the neck that facilitates head rotation and neck mobility.

1. The sternomastoid muscle plays a crucial role in neck mobility and head rotation.
2. Injury to the sternomastoid can lead to limited range of motion and pain in the neck.
3. During the anatomy class, we learned how the sternomastoid connects the sternum to the mastoid process.
4. The doctor examined the sternomastoid to assess for any signs of strain after the accident.
5. Strengthening the sternomastoid through targeted exercises can improve posture and reduce discomfort.

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