

SUBOCCIPITAL

Meaning: Suboccipital refers to the area located beneath the occipital bone at the base of the skull, particularly related to the muscles and structures that influence head and neck movement.

1. The suboccipital muscles play a crucial role in head and neck movement.
2. Medical professionals often assess the suboccipital region for signs of tension headaches.
3. A suboccipital release technique can help alleviate pain and improve mobility.
4. Understanding the anatomy of the suboccipital area is essential for effective chiropractic care.
5. Athletes may benefit from targeted exercises to strengthen their suboccipital muscles.

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