

# sternocleidomastoid *(ster-no-clei-do-mas-toid)*

## Definition

n. a thick muscle on each side of the neck the action of which assists in bending the head and neck forward and sideways

## Example Sentence

I think I pulled my **sternocleidomastoid**.

## Synonyms

neck muscle; muscle on the side of the neck;  
muscle to help bend the head

## Antonyms

toe

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