

Trapezius Stretches

The Trapezius is a broad muscle that is responsible for raising, lowering, and pinching the shoulder blades. When you have muscle spasms it can cause stiffness, pain, weakness, and tingling in your trap/neck region. These stretches are to be performed daily for 3-4 sets of 15-20 second holds.

Start by putting your left hand on the small of your back. Pull your left hand to the right and tilt your head to the right simultaneously. Hold this position for 15-20 seconds and then switch arms.



Start by reaching your right hand down towards the ground as if you were going to put it in your pocket. Then tilt you head towards the left and hold this position until you feel a stretch. Hold for 15-20 seconds and then switch arms.



Start by putting your left hand on the small of your back. Look towards your left and look down. Then with your right hand slowly pull down on the back of your head until you feel a stretch in the back of your neck . Hold for 15-20 seconds.

