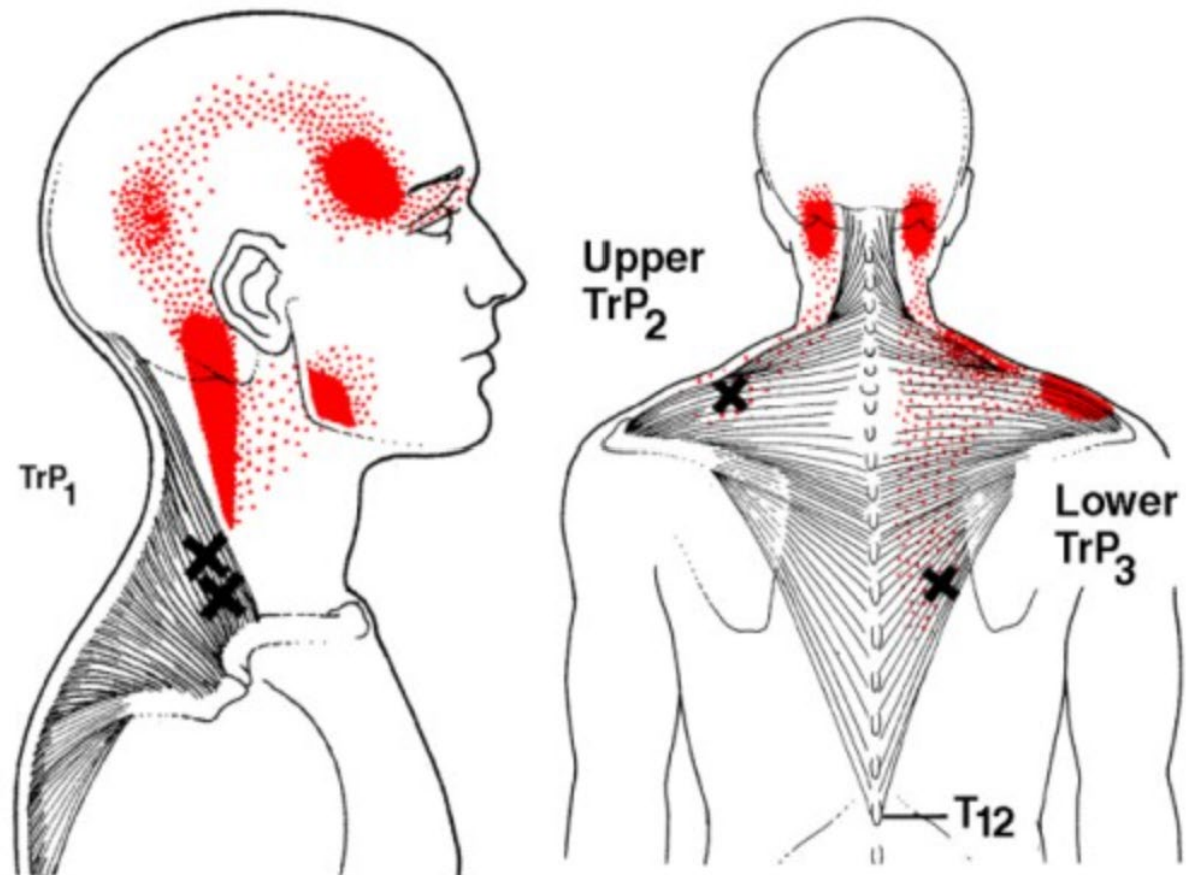
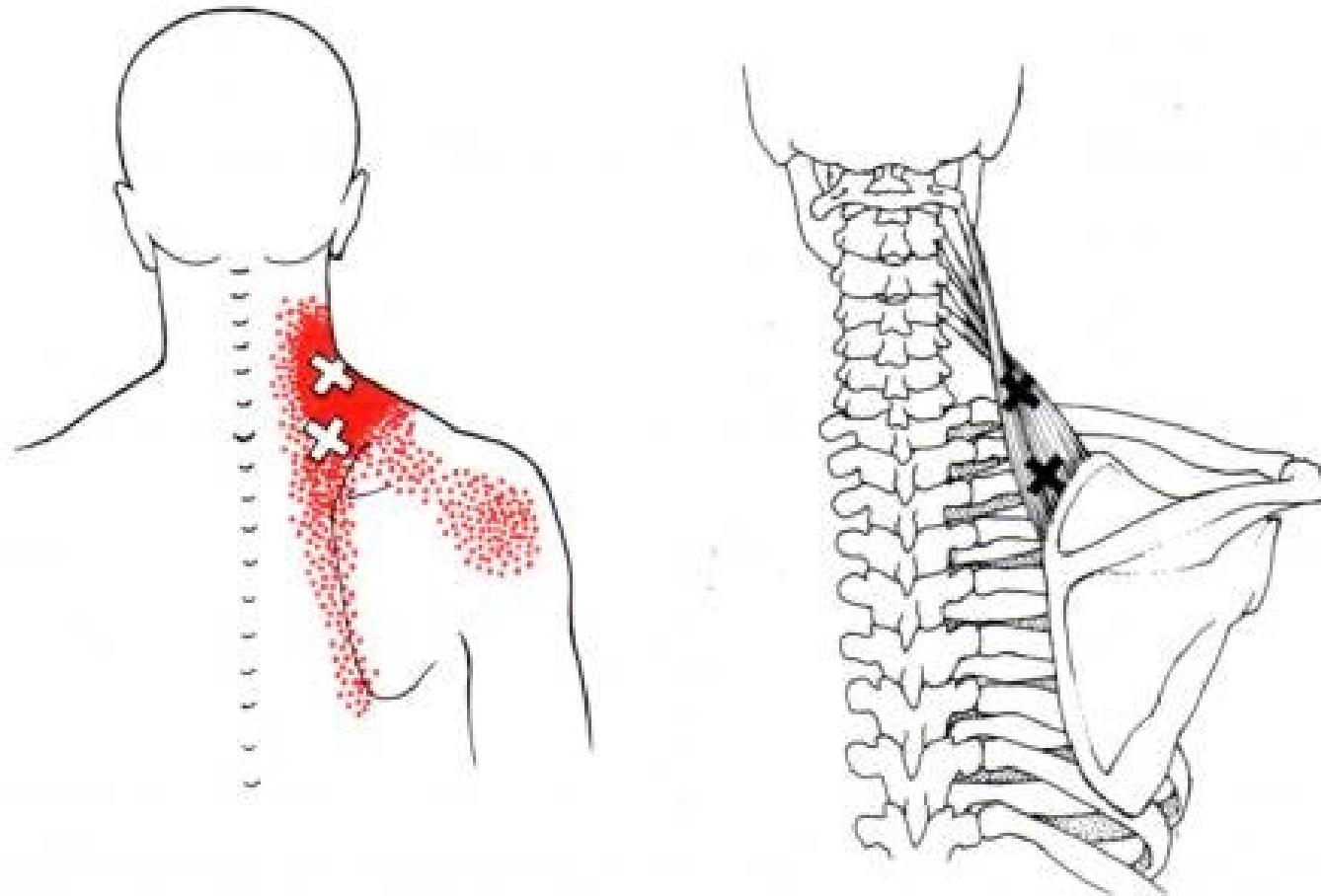


TRAPEZIUS MUSCLE



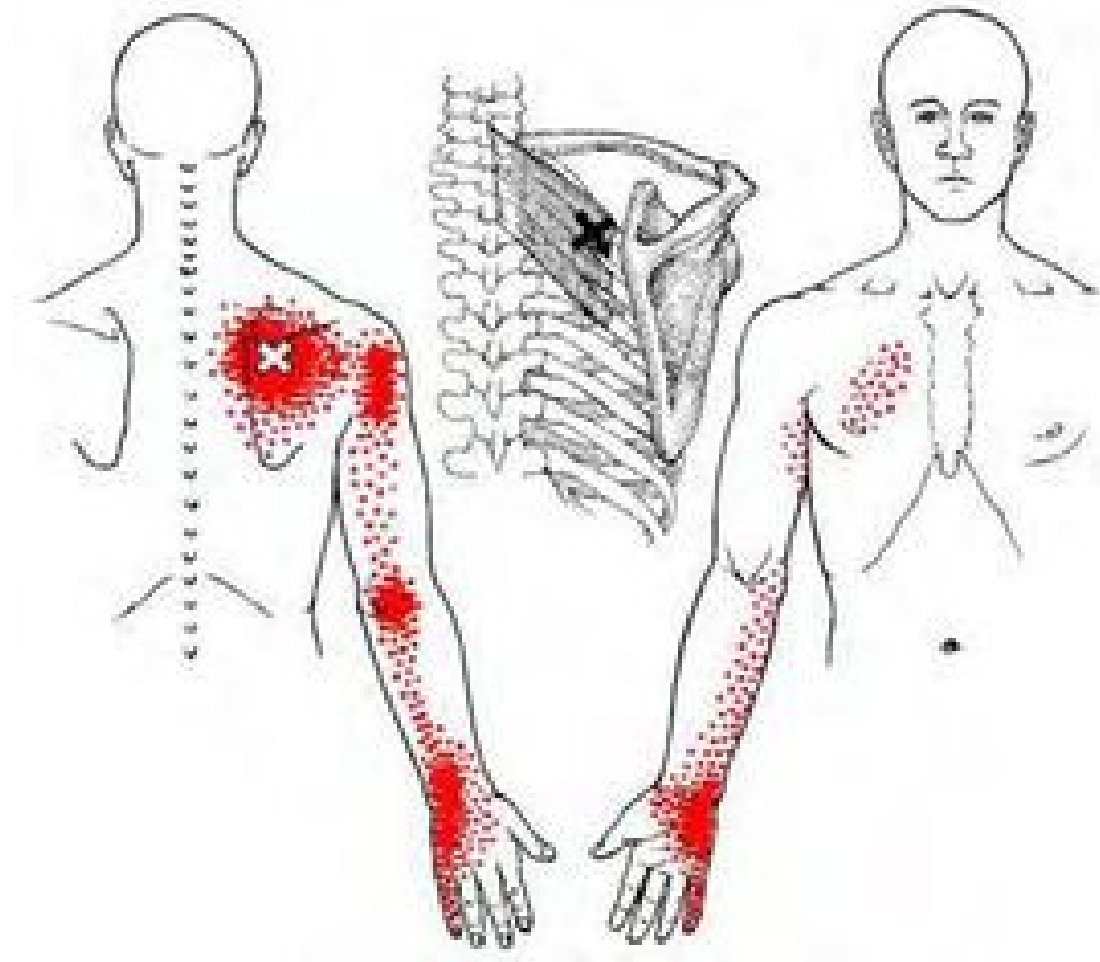
David G. Simons, Janet Travell, Lois S. Simons, Travell & Simmons' Myofascial Pain and Dysfunction, The Trigger Point Manual, Volume 1. Upper Half of Body: Second Edition, © 1999 Williams and Wilkins

LEVATOR SCAPULAE



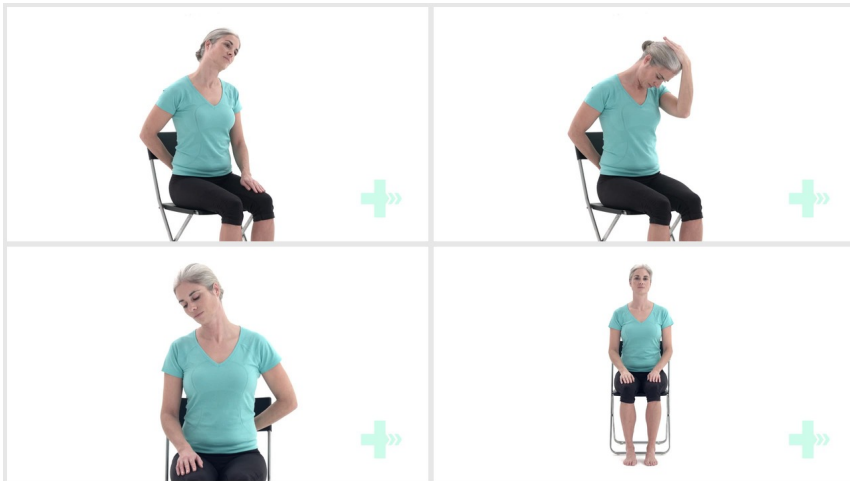
<http://www.triggerpoints.net/sites/default/files/Levator%20Scapulae.jpg>

RHOMBOID



1. Levator scapulae stretch, arm behind back, sitting; 02

2 Sets / 5 Reps / 30 s hold



Start in a seated position.

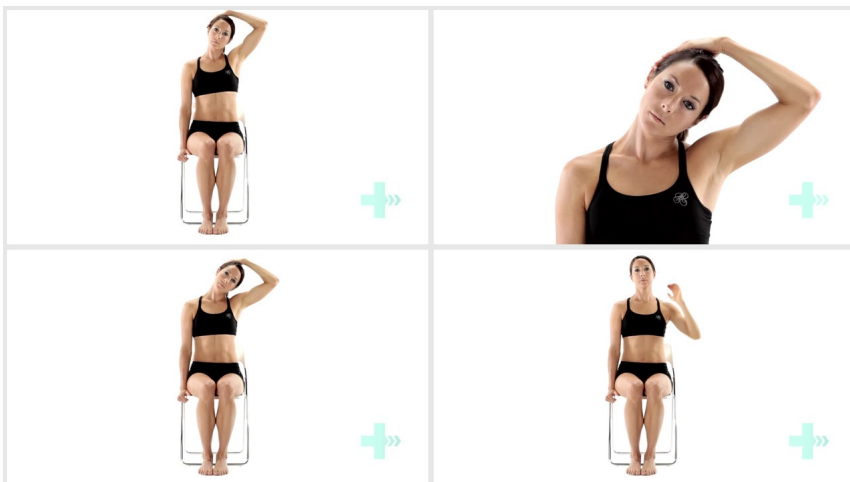
Place the hand of the side you want to stretch behind your back.

Take the opposite hand and pull your head forwards and to the opposite side at an angle, until you feel a stretch from the base of your skull down into your shoulder blade.

Hold this stretch.

2. "Upper trapezius stretch" Cervical side bending stretch, sitting; 01

2 Sets / 5 Reps / 30 s hold



Start in a seated position.

Place the hand on the symptomatic side under your chair.

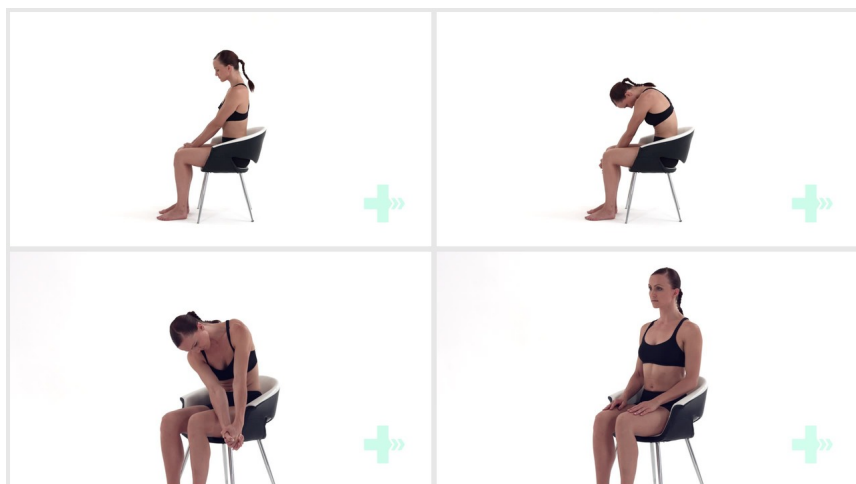
Take your other hand and place it on your head.

Tilt your ear directly down towards your shoulder and hold this position.

You should feel a stretch down the side of your neck.

3. Rhomboids/middle trapezius stretch, with trunk rotation, hands interlaced, sitting

2 Sets / 5 Reps / 30 s hold



Start in a seated position.

Clasp your hands together and stretch your arms forwards between your knees.

Lower your head down and round out your shoulders.

Reach your hands as far as you can between your knees.

You should feel a stretch across the back of your shoulder blades.

Maintain this stretch and rotate round to the side, you will feel the stretch increase across your other shoulder blade.

Hold and then rotate in the other direction.

Return back to the neutral position and repeat.