

UPPER TRAPEZIUS

Figure A: Starting position: Stand close to and face the wall with elbows bent and the little finger side of the hand against the wall. Arms should be out to the side with the elbows closer to the body than the hands.

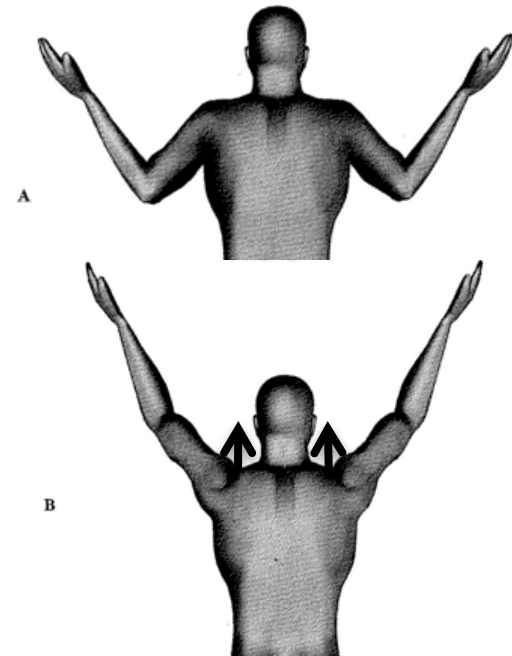
Slide your hands up the wall to the overhead position but slightly out to the side. Keep the little finger side of the hand against the wall.

When your elbow is at shoulder level, **shrug your shoulders** as you continue to slide your hands up the wall.

Figure B: When your arms are as straight a they can go (Figure B):

Keeping your shoulders shrugged, lift your arms off the wall by pulling your shoulder blades toward spine. Hold the position for 5 to 10 seconds.

•Return your hands back against the wall and slide them back to the starting position. Repeat 3-6 times, 2 times per day.



Credits-This exercise is from Shirley Sahrmann

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LOWER TRAPEZIUS

(The exercise for the lower trapezius is the same as the upper trapezius **EXCEPT** do not shrug your shoulders. Keep your shoulders down.)

Figure A: Starting Position: Same as Upper Trapezius.

Slide your hands up the wall to the overhead position but slightly out to the side, rather than straight up close to your head. Keep the little finger side of the hand against the wall. Do not shrug your shoulders.

Figure B: When your arms are as straight a they can go

Lift your arms off the wall by pulling your shoulder blades toward spine.

•Hold the position for 5 to 10 seconds.

•Return your hands back against the wall and slide them back to the starting position.

•Repeat 3-6 times, 2 times per day.

