

Upper Trapezius Stabilizing Your Neck and Shoulder Blade

Gently, slowly, bring the tip of your shoulder
UPWARD, BACKWARD, AND INWARD
(Inward means bring the tip of your shoulder toward your spine)
(your lower part of your shoulder blade moves outward)

Pictures show the R side

-Take your L hand and make sure your inner upper shoulder blade is relaxed
-Hold this position for 10 seconds, then relax for 2 seconds, and repeat 6-10 times, several times per day

Level 1– Use a shelf or table top to passively help you hold the shoulder up, and then bring the tip of the shoulder inward toward your spine. Now move your body away from the support table or shelf, and keep your shoulder up for 10 seconds.

Level 2– Actively lift the R shoulder into this position and hold it
Once you can hold this position with ease, then...

Level 3-Integration– Starting in the shoulder up, in, & back position

A-Bring your shoulder blade forward and back.

B– Practice lifting your R arm, forward and sideways, (thumb up)

This is not a position to “live” in, its an exercise to wake up the good top of shoulder muscles, and quiet the overactive top of the shoulder muscles (Levator scap)

