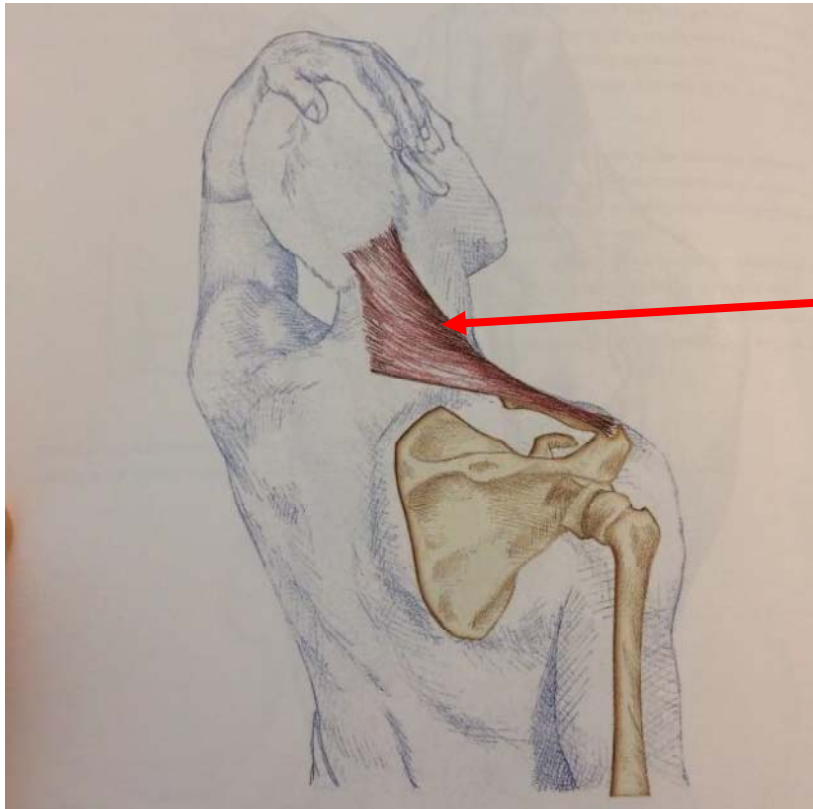




Robyn Dey RMT
Massage Therapy

Upper Trapezius Stretch



Upper Trapezius muscle

Instructions to stretch **right** upper trapezius:

1. Always warm your muscles before exercising.
2. In a seated position, hold onto the bottom of the chair with your right hand to keep your right shoulder down **AND**
3. Move your left ear toward your left shoulder until you feel a stretch on the right side of your neck **AND**
4. Turn your head up (chin moves toward right shoulder) **AND**
5. Move your head forward in front of your right shoulder.
6. Breathe out as you increase the stretch.