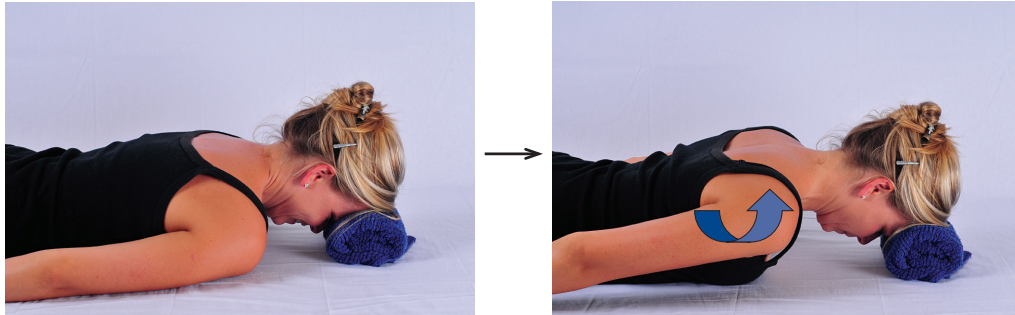


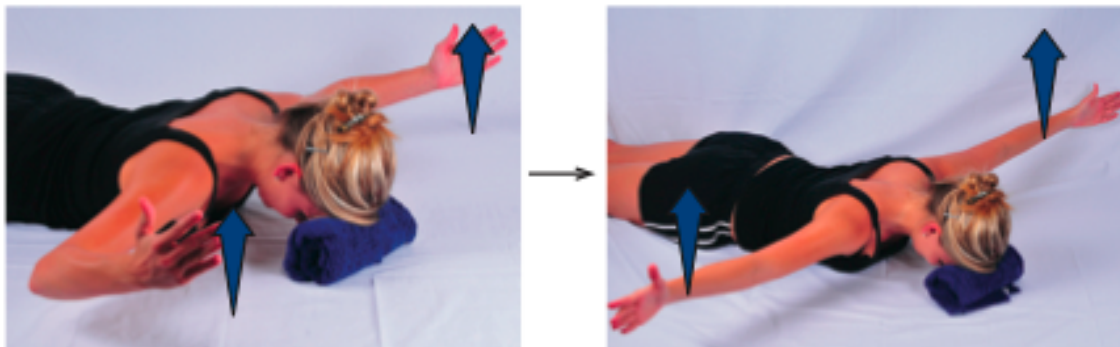
LOWER TRAPEZIUS STRENGTHENING EXERCISES

1)



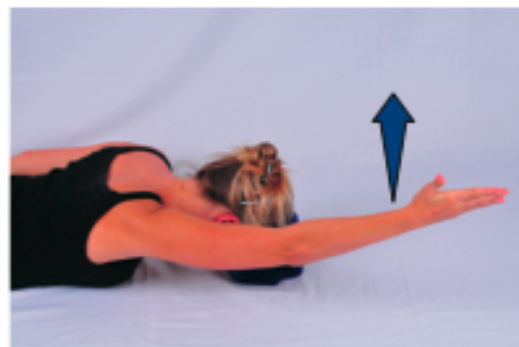
Arms by side. Pull scapula down & out to fire lower trapezius. Hold for 6 seconds
 Repeat 10 x's. 1 arm at a time, then progress to both arms together.

2)



Lift wrists. Hold for 5 secs. Repeat As before


3)



1-Arm Traps

Lift arm off bed. Maintain scapula neutral.
 Upper trap muscle to stay relaxed

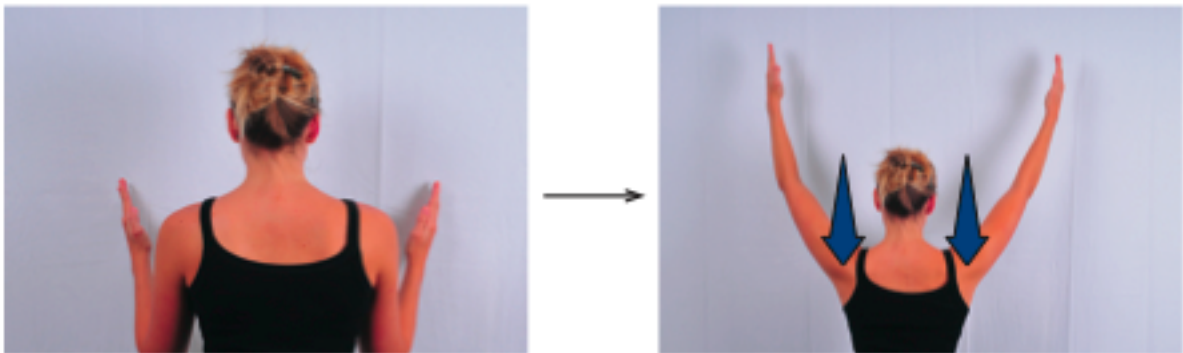
4)



Rodondo Ball
 Ensure you have 'Scap Neutral' i.e. Upper Traps are relaxed. Scapula is pulled 'Down & Out'. Chin is nodded inwards. NO neck pain or shoulder pain! 5 – 10 second holds


Thumb points upwards

5)



The "Firing Squad".
 Start with baby fingers against the wall. Slide arms up the wall.
 Feel the scapulae upwardly rotate as the arms move up the wall.
 Lift arms off wall by drawing scapulae together. (contract mid-thoracic muscles)
 Upper Traps MUST STAY RELAXED

6)



One or Two arm fall, catch & push-off.
 Ensure no scapular winging