

Upper Trapezius Stretch by Brad L. Surette, BA, RMT

Many clients seem to experience an extremely annoying problem: shoulder, upper back, and neck tension.

This tension is often caused by stress, anxiety, poor posture, and/or improper ergonomics at work.

You can manage this tension by trying this really simple yet very effective stretch. This stretch can be done at your desk, while you are watching tv or even while sitting in traffic.

First sit up straight so that your spine is in alignment. Next, take your right hand palm down and place it under your right buttock so that you are sitting on it. By holding your hand in place you

will feel your shoulder pulling down slightly. This is what you want to experience as doing so will increase the stretch.

Now bend your head, tilting your left ear to your left shoulder. Hold this stretch for a full thirty seconds so that all the necessary physiological changes can occur.

For best results and to maintain a sense of balance, after you stretch the right side of your neck repeat on the opposite side to stretch the left side of your neck.

These stretches should be done at least three times a day. If done correctly and consistently you will see a decrease in headaches, tension, pain, etc. - Brad L. Surette, BA, RMT

