



## Stretching the Trapezius

Neck pain is a common complaint amongst many adults and increasingly amongst adolescents.

Tightness in the muscles covering the upper back is a major contributor to this pain. One of the muscles in this area is the trapezius muscle.

This muscle often develops “knots” or trigger points which radiate pain into the head, jaw, neck, shoulder and back.

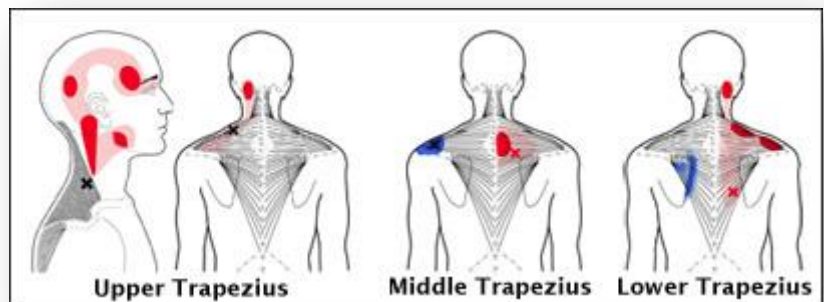
The best way to relieve pain in the neck and upper back is to stretch and release trigger points in the trapezius.

### Trigger point release

In the diagrams, X marks the spot where the trigger points lie. The shaded areas are where the pain is felt.

Have a look at the [massage ball releases](#) download.

- Place the massage ball on one of the trigger points indicated in the diagram.
- Lean backwards against a wall putting pressure on the spot for up to 3 minutes.
- Stretch the muscle.



### Trapezius stretch

Please look at the [neck stretches](#) download and follow the instructions for:

- Finding a neutral position and
- Stretching your trapezius

This video from “Dynamic Phys Therapy” has simple and clear instructions on how to do the stretch.  
<http://www.youtube.com/watch?v=pMnGCP4luzk>

Make sure you read the sheet because the video does not describe starting from a neutral position and the stretch is done a little too quickly.