

# Trapezius Stretch—Lateral Flexion



The following description is to stretch the right upper trapezius. To stretch the left side, reverse the directions.

- Sit erect with a normal curve in the low back.
- Lift the sternum (breastbone) to place the head in a neutral position.
- Reach the left hand overhead so that the fingers are just above the ear.
- Allow the head to gently drop to the left.
- With the left fingertips, gently pull the head to the left. This will apply a slight lift to the right ear and a stretch to the right side of the neck.
- A gentle stretch will be experienced on the right side of the neck.
- Hold for 30 seconds.
- Repeat on the opposite side.

Unless otherwise indicated below, perform this exercise stretch several times daily.

Repetitions: \_\_\_\_\_ Sets: \_\_\_\_\_ Repeat \_\_\_\_\_ times daily.

Hold time: \_\_\_\_\_ Other instructions: