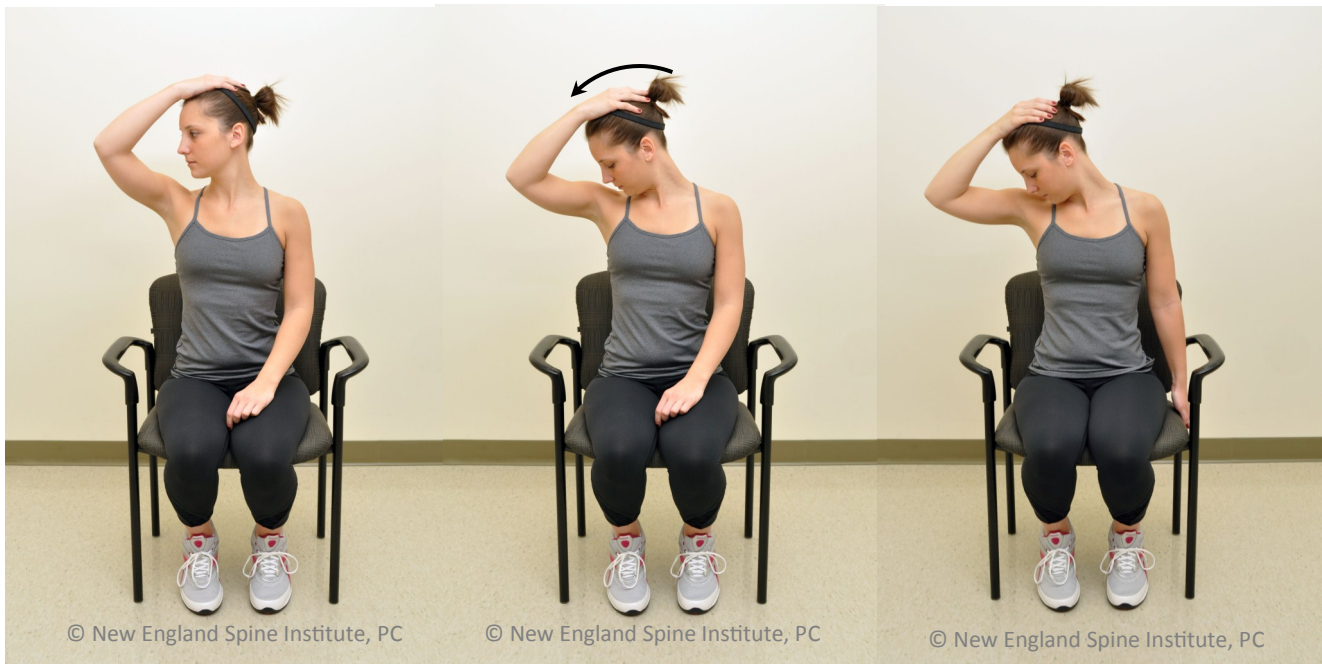


Trapezius Stretch—Diagonal Flexion



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

- Sit upright with a slight curve in the low back. Support your back against backrest of a chair.
- Turn the head 45° to the right.
- Reach your right hand over the top of the head with your nose aligned with the forearm.
- Tilt your head down in the same manner that you would to look into your shirt pocket.
- Gently pull your head forward with the right fingertips.
- A stretch should be experienced on the left side of the neck, particularly behind the left ear.
- This stretch may be intensified by anchoring the left hand on the seat of the chair.

Unless otherwise indicated below, perform this stretch several times daily and hold for 30 seconds per stretch.

Repetitions: _____ Sets: _____ Repeat _____ times daily.

Hold time: _____ Other instructions: