

Tight Trap Exercises

Done throughout the Day

Anti Shrug with Retraction

Keeping shoulder blades squeezed together pull shoulders Down and Back for 10-15 reps Do not do hard. Go slowly and light.



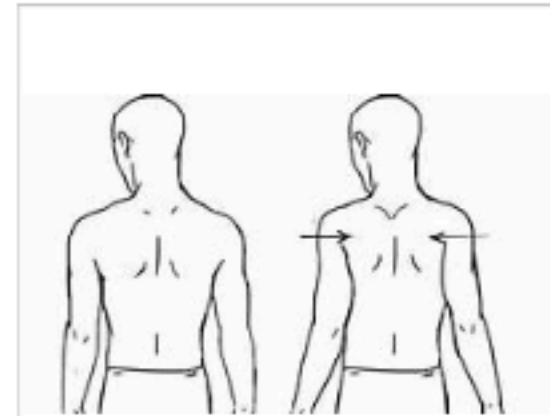
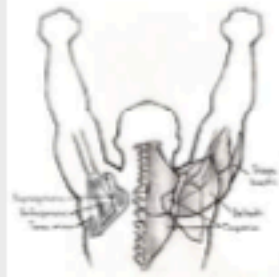
Shoulder Retraction with Elbow Bent Shrugs also known as Monkey Shrugs

With elbows bent (must be bent) keeping shoulder blades squeezed together shrug shoulders up and back for 10-15 reps. Do not do hard. Go slowly and light. You can use a light weight once you get use to it.



Overhead Shrugs with Arms Straight

With arms straight overhead keeping shoulder blades squeezed reach up to the ceiling and back down keeping arms straight at all times for 10-15 reps. Do not do hard. Go slowly and light. You can use a very light weight once you get use to it.



Shoulder Retraction

shoulder blades squeezed

External Rotation with Band

Keep elbows by side, squeeze shoulder blades together with resistance from band, you can do this both palms up and down. Repeat 10-15 times. Do 1-3 sets



Row with Bands

Place band around support, with arms fully extended pull band into body squeezing shoulder blades together. Repeat 10 to 15 times. You can also do this motion with straight arms or elbows up trying to squeeze shoulder blades down and together

