

Tight Trap Stretches and Motions

Arm Abductions

From your side with palms up raise arms up and down several times throughout the day for 10-15 reps at a time.



Shoulder abduction

Doorway Chest Stretches

Keep back straight, place elbows on doorway, go to first resistance barrier and hold, for 1-3 sets for 15 to 45 seconds. Variation: place elbows at different heights, keep arms straight, or do one arm at a time.



Posterior Shoulder Lower Trap Stretch

Hold stretch for 15 to 45 seconds for 1-3 sets



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