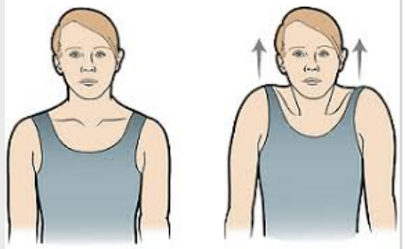
Shoulder Retraction with Shrugs

Keeping shoulder blades squeezed together pull shoulders up and back for 10-20 reps. Do not do hard. Go slowly and light.

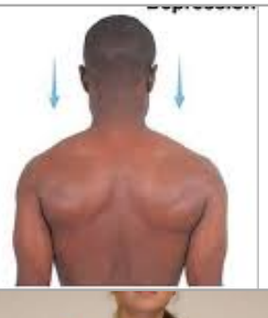


Shoulder Rotational Shrugs

Pull shoulders up and back and down in a rotational motion. Repeat the other way for 10-20 reps. Do not do hard. Go slowly and light.

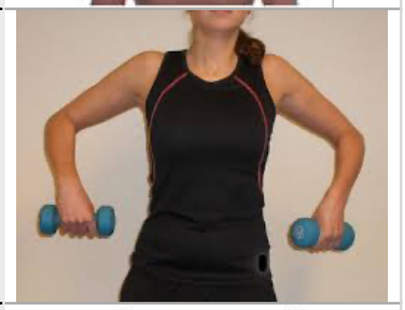
Anti Shrug with Retraction

Keeping shoulder blades squeezed together pull shoulders Down and Back for 10-20 reps Do not do hard. THE OPPOSITE OF A SHRUG UP. Go slowly and light.



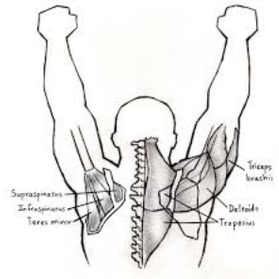
Shoulder Retraction with Elbow Bent Shrugs also known as Monkey Shrugs

Keeping shoulder blades squeezed together pull shoulders up and back HOLDING WEIGHTS IN HAND WITH ELBOWS BENT for 10-20 reps. Do not do hard. Go slowly and light.



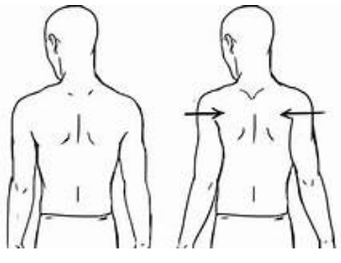
Overhead Shrugs with Arms Straight

With arms overhead keeping shoulder blades squeezed reach up to the ceiling and back down keeping arms straight 10-15 reps. Do not do hard. Go slowly and light.



Neck Chin Tuck and Shoulder Retraction Exercises

Keep back straight, bring head straight back looking at the horizon, some call this the chin tuck, while at the same time squeeze shoulder blades together, hold for for 5 to 15 seconds 1-3 sets.



See our Joint Care Program and Upper Back Care Program

Know Your Joints

Muscle and Joint Care Suggestions

GOT TIGHT TRAPS MOVE THEM !

These are some of my favorite must do Upper Body movements especially if you use a PDA or computer all day long. These simple motions nourish your joints.

Causes of Pain in Upper Back

There are several possible causes of trapezius pain, including:

- Overuse
- Stress
- Poor posture
- Trauma

I feel one of the biggest culprits next to poor posture and stress is lack of motion and weakness. This program addresses that.

Physical activity and exercise have been proven to give the most immediate and long-term pain relief in patients with trap pain. Both general fitness training and specific strength training generate significant effects on decreasing pain. However; strength training has been proven to be more effective compared to general fitness training.