

Neck Pain / Headaches: Trapezius Muscle Stretch



- Sit in a chair and hold the bottom of the chair with your right hand
- Turn your head and neck towards the left shoulder
- Bend the head forwards so that the chin points towards the tip of the

left shoulder

- With the left hand, grab the base of the skull and pull the head
- gently forward
- You should feel the stretch in the right neck muscles
- Hold the stretch for 35 to 40 seconds
- Turn the head to the opposite side and repeat the above steps to stretch the left side of the neck muscles
- Do this exercise 3 times (ie do 3 sets) and repeat it 3 times a day (ie in the morning, afternoon and in the evening)

Tip: Use an ice pack or frozen veggies on the site that is painful. Keep the ice on for at least 20 minutes and that will ease the pain, do that throughout the day.