

# Trap Stretch



Placing your hand behind your back, pick a spot on the wall to stare at.

With the other arm, reach up and pull your head gently to the side (your head should not be coming forward though).

This stretch should be felt in your trap (see arrow).

Hold stretch for 30 seconds – 2 minutes and repeat on the other side.

Continue with until you have completed 3 reps on each side.

For maximum benefit, repeat stretch 2-3x per day.

