How To: Neck and Upper Trapezius

Muscles Targeted: Levator Scapulae, Upper Trapezius
Muscles Targeted: Neck Kit

Upper Trap Tightness: Method 1 (Sitting)

1. Begin by sitting in a high back chair.

2. Place the neck kit (with or without it's base) at the base of the neck so the groove is positioned over the center of your spine. Lean back with your feet flat on the floor. slowly apply pressure to your Upper Trap.

   The Neck Kit's valley is designed to avoid applying pressure directly to the bony structure of your spine. Never place the point of a Massage Block directly below your spine.

3. Lean or Rotate your shoulders to either side targeting muscle tension and knots. Work one side for a set period (e.g. 1 min) and then work the other for the same period.

4. Use your hands to gently stretch your neck side-to-side. Gently bring one ear toward the shoulder. Relax as you get comfortable with the pressure. Go slowly, as you relax you may slowly increase pressure.
Muscles Targeted: Levator Scapulae, Upper Trapezius
Muscles Targeted: Neck Kit

Upper Trap Tightness: Method 2 (Supine—Laying Down)

1. Begin by laying on the floor with your knees bent.

2. Place the neck kit (without base) at the base of the neck so the groove is positioned over the center of your spine.

   The Neck Kit’s valley is designed to avoid applying pressure directly to the bony structure of your spine. Never place the point of a Massage Block directly below your spine.

3. Support your head and neck by placing your hands behind your head.

4. Now gently relax and allow the force of gravity to apply pressure to the Upper Trapezius and Levator Scapulae

5. You may rock or lean side to side to gently target specific tight areas.

6. To add a stretch to your session, gently lift the back of your head or move your head side to side.
Upper Trap Tightness: Method 3 (Supine—Laying Down; ‘Parallel’)

1. Begin by laying on the floor with your knees bent.

2. Turn the Neck Kit 90° so that both points are aligned on the same side of the spine and bottom point is just above the top inside corner of the shoulder blade.

   Always avoid applying pressure directly to the bony structure of your spine. Never place the point of a Massage Block directly below your spine.

3. Start with the majority of your weight on the opposite side of your upper back and gradually lean into the tool increasing pressure. Go slowly, as you relax you may slowly increase pressure.

4. To add a stretch to your session, with hands behind head to support weight, gently move your head side to side or lift you head away from the ground / move your chin to your sternum.

5. To add pressure, use the base.