



Specific Muscle Points

If you continue to have upper trapezius tightness (muscle that connects from the shoulder to the neck) –Try “Woe is Me”

Woe is ME-treatment of the upper trapezius-right side

- Lying on your back or reclined with head and neck supported
- Bring your right ear towards your right shoulder
- Place the back of your right hand on the forehead or above the head
- Adjust and support the elbow until the least amount of tension and tightness is felt in the upper trapezius muscle
- You could try this lying on your stomach as well
- Switch your arm and move your head to the opposite direction to treat the left side
- Rest in this position for 2 minutes minimum



Front Side of the Neck-scalenes/SCM

- Flex your neck with a pillow folded over, side bend (ear to the shoulder) towards the tender point and rotate the head(turn nose) to the opposite side
- Shrug your shoulder up towards the ear
- Rest in this position for 2 minutes minimum



Statue of Liberty-treatment of the shoulder blade area-right side

- Lying on your back with your right arm out to the side like the statue of liberty
- Place pillows under the elbow and arm until tension is decreased behind the shoulder blade area
- Rest in this position for 2 minutes minimum

