

Trapezius Muscle Exercise Progression — Face-Lying Position (Figures A-G)

Purpose: • To improve the performance of the trapezius muscle

Perform variation if box is checked

Level 1 (see Figures A-B)

Starting position: Face down with arms overhead, elbows bent, and hands on back of head.

Method: Place a pillow under your chest
Lift your elbows by pulling your shoulder blades together
Hold position for 5 to 10 seconds
Let your elbows return to starting position

Level 2 (see Figures C-F)

Starting position: Face down with arms overhead, elbows bent, hands resting by head with the thumb pointing upward.

Method: Place a pillow under your chest
Lift your arms by pulling your shoulder blades together
Keep your hand higher than your elbow
Hold position for 5 to 10 seconds
Let your arms return to the rest position

Level 3 (see Figure G)

Starting position: Face down with arms overhead and slightly out to side, elbows straight, and thumbs pointing toward ceiling.

Method: Place a pillow under your chest
Lift your arms by pulling your shoulder blades together and slightly downward
Keep your hand higher than your elbow
Hold position for 5 to 10 seconds
Let your arms return to rest position

Repetitions: _____

