

-Trapezius-

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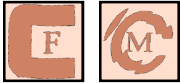
Steps

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☞ Position> The client is prone with the therapist at the side of the table. The client's arm is hanging off the table. The client's head and neck are slightly extended to relieve pressure on the cervical trapezius.

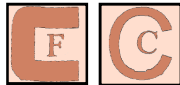
- There are four divisions of the trapezius to be treated: cervical, upper, middle and lower.



1) With the thumb and forefingers of both hands grasp the cervical portion of the trapezius and apply **flat compression** in segments to the entire cervical portion of the trapezius along the ligamentum nuchae. Apply only enough pressure to elicit mild discomfort. Retreat the area with **manipulation compression**.

- A tissue or paper towel may be used for a secure grasp of the muscle.

☞ Position> The client's arm should be bent at a 90 degree angle over their head.



2) Apply **flat compression** to the upper portion of the trapezius superior to the scapula. Apply '**C' compression** to any trigger points in this area, allowing the fibers to release.

☞ Position> Reposition the client's arm so the forearm hangs off the side of table.



3) With the thumb and forefingers in a 'C' like compression around the upper fibers of the trapezius, **unwind** and separate the fibers by rolling the fibers between the thumb and forefingers. It's like rolling a pen between the fingers. Sift through to find, uncoil and release the adhered fibers.

- Be sensitive to the thin fibers of the trapezius near the acromioclavicular joint.



☞ Position> With the arm at their side, expose the fibers of the middle trapezius by placing a rolled towel under the shoulder.



4) Starting at the spinous processes and gripping the fibers between the thumb and fingers, apply **manipulation compression** to the middle trapezius. Move the tissues back and forth between the thumb and stabilized fingers.

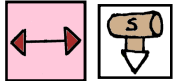


5) In the same manner, apply **manipulation compression** to the fibers of the lower trapezius.

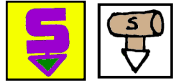
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☞ Position > Lower the humeral head.



6) With the small T-bar, apply **medial-lateral friction** to the attachment of the trapezius on the spine of the scapula.



7) With the small T-bar, apply gentle **static pressure** to the acromioclavicular joint.



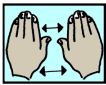
8) Then with the thumb, apply **medial-lateral friction** along the inch or two of the clavicular attachment.



- Do not apply the small T-bar to the clavicular attachment of the trapezius as the brachial plexus passes under this attachment.



9) **Skin roll** the entire trapezius in all directions



10) Apply anchored **connective tissue therapy** (fascial stretching) to the entire trapezius.

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Summary

☞ Position> The client is prone, arm hanging off the table, head and neck are slightly extended. Therapist at the side of the table.

1)   cervical portion of trapezius


☞ Position> The client's arm is bent at 90 degrees over their head.

2)   upper trapezius

☞ Position> The client's forearm hangs off the side of the table

3)  upper trapezius, separate fibers

☞ Position> With the arm at their side, expose the fibers of the middle trapezius by placing a rolled towel under the shoulder

•  be sensitive to A/C joint fibers



☞ Position> Put a rolled towel under shoulder

4)  middle trapezius


5)  lower trapezius

☞ Position> Lower the humeral head

6)   attachment to spine of scapula

7)   A/C joint

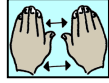
8)  with thumb on clavicular attachment

•  avoid brachial plexus

9)  entire trapezius in all directions

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10) entire trapezius