



Figure 6.11. Middle-trapezius, Stretch Exercise, designed to stretch the middle and lower parts of the trapezius muscle by fully abducting and rotating the scapulae. Movements progress from A through E. When completed, the patient pauses, breathes deeply to relax, and repeats the sequence. (See Section 14 for the full description.)

ears to the floor (Fig. 6.11C). Keeping the back of the elbows and wrists in contact with the floor, the person moves the arms down

specifically stretches the sternal division of the pectoralis major.