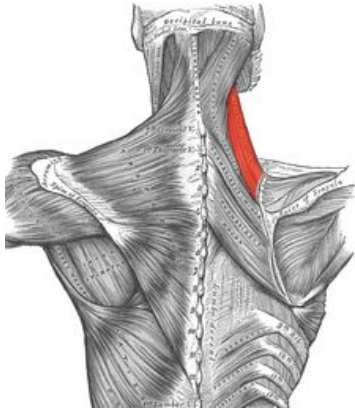


SHOULDER Levator Scapula

PT - SCS | E (easy)



This exercise is to address the neck area and levator scapula. From the description of your complaint and from working on that area, it is more likely your levator scapula.

Key: PT= Integrated Positional Therapy
SCS = Strain Counterstrain MET = Muscle Energy Technique BW = Bodywork

Photos



Prep:

Sit in a chair or on the floor. The focus is making sure your torso is straight.

- Shoulders are away from the ears
- Shoulders are back (to prevent a curve in the upper back)
- Crown of the head is reaching up

Begin:

Raise shoulder up (the side that is bothersome).

Lean head towards that shoulder - ear to shoulder. Then slightly roll head back (not too much).

Bring, same side, arm over the top of the head.

Totally relax in this position.

SCS:

Using soft, soothing breath hold this position for 60 to 90 seconds.

Repeat on the other side.