



Scapular Clocks (Middle trap/Lower trap)

If the right scapula was a clock, the top would be 12', the lateral side 3', the bottom 6', and the medial side 9'. If the left scapula was a clock, the top would be 12', the medial side 3', the bottom 6', and the lateral side 9'. The goal of this exercise can either be to strengthen the middle trapezius or the lower trapezius. The middle (blue arrow) would be strengthened by having the patient squeeze the right scapula at 9' and the left at 3'. The lower trap (white arrow) would be strengthened by having the patient squeeze the right scapula at 7' and the left at 5'.

Repeat 10 Times Hold 5 Seconds Complete 3 Sets Perform As many times to keep your flexibility throughout the day.

FOR AT WORK AND HOME!