



TRAPEZIUS SQUEEZES

CALMING & REFOCUSING STRATEGIES

HOW-TO DIRECTIONS

Procedure

- Hold your hand in a 'C' shape and cup your opposite shoulder
- While lightly squeezing the trapezius muscle
 - Look over one shoulder
 - Look over the other shoulder
 - Look up
 - Look down
- Repeat using your other hand on the opposite shoulder

Modifications

- Sit in a chair, on the floor, or stand
- Vary their squeezing pressure
- Perform squeezes without neck movements



VIRGINIA
Chief Movement Officer


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