



The Bra-Strap Exercise Passive

Use your comfortable arm to move your sore arm behind your back, as if you were reaching between your shoulder blades, but only go as far as feels comfortable. Try to keep your sore arm as relaxed as possible. You should feel a gentle pulling at the front of your shoulder. Sometimes if your shoulder is sore this exercise can be uncomfortable, but it does increase the mobility of your shoulder.

Perform both sides

Video: <http://youtu.be/lHhV3CQ0w98>



Standing Lower Trapezius Strengthening

Stand up tall, with good posture. Place your arms at 45 degrees to your side, and palms facing forwards. Squeeze your shoulder blades together as you draw your arms back. You should feel a tightening of the muscles at the bottom of your shoulder blades. This exercise will strengthen your lower trapezius muscle and rhomboid muscles, and help with posture.

Video: <https://youtu.be/ThsefcZ1yqc>



The Bra-Strap Exercise

Reach your arm behind your back, as if you were reaching between your shoulder blades, but only go as far as feels comfortable. You should feel a gentle pulling at the front/deep in your shoulder. Sometimes if your shoulder is sore this exercise can be uncomfortable but it does increase the mobility of your shoulder, but it does increase the mobility of your shoulder.

Video: <http://youtu.be/iQp3APdtnDM>



Spikey Ball Upper Trapezius Massage

Place a spiky ball at the side of your neck next to a wall. Gently massage the side of your neck and down to the shoulder by rolling over the ball. Place your arm behind your back to create a stronger stretch. This is a good exercise for releasing muscle tension and fatigue in the neck and shoulder.

Perform both sides

Video: <http://youtu.be/RC2QCGG9bxU>



Spikey Ball Upper Trapezius Stretch

Place a spiky ball between your arm and your side, and turn your thumb upwards. Bend your neck to the opposite side (i.e. your ear goes towards your opposite shoulder). You can use your hand to make the stretch stronger. Keep good posture, and do not round your back. You will feel a stretch at the back of your neck and shoulder. This exercise will help improve neck mobility.

Perform both sides

Video: <http://youtu.be/rVKCPs32mLA>



Levator Scapulae Stretch

Bend your neck forwards, and then side-bend your neck by taking your left ear towards your left shoulder. Hold on to a chair to make the stretch stronger. This will allow you to feel a stretch at the back and side of your neck. You can make the stretch stronger by assisting with your hand.

Perform both sides

Video: <http://youtu.be/imLiEN0Kf14>



Spikey Ball Levator Scapulae Stretch

Place a spiky ball between your arm and your side, and turn your thumb upwards. Bend your neck forwards by tucking your chin towards your chest, and rotate to the opposite side (i.e. your nose goes towards your right armpit if the ball is at your left side). You can use your hand to make the stretch stronger. Keep good posture, and do not round your back. You will feel a stretch at the back of your neck and shoulder. This exercise will help improve neck mobility.

Perform both sides

Video: <http://youtu.be/L40c0gpsYx4>

P.S. Additional advice sheet

You will find the advice sheet attached in your email

[- Cervical Radiculopathy \(Trapped Nerve\).pdf](#)