



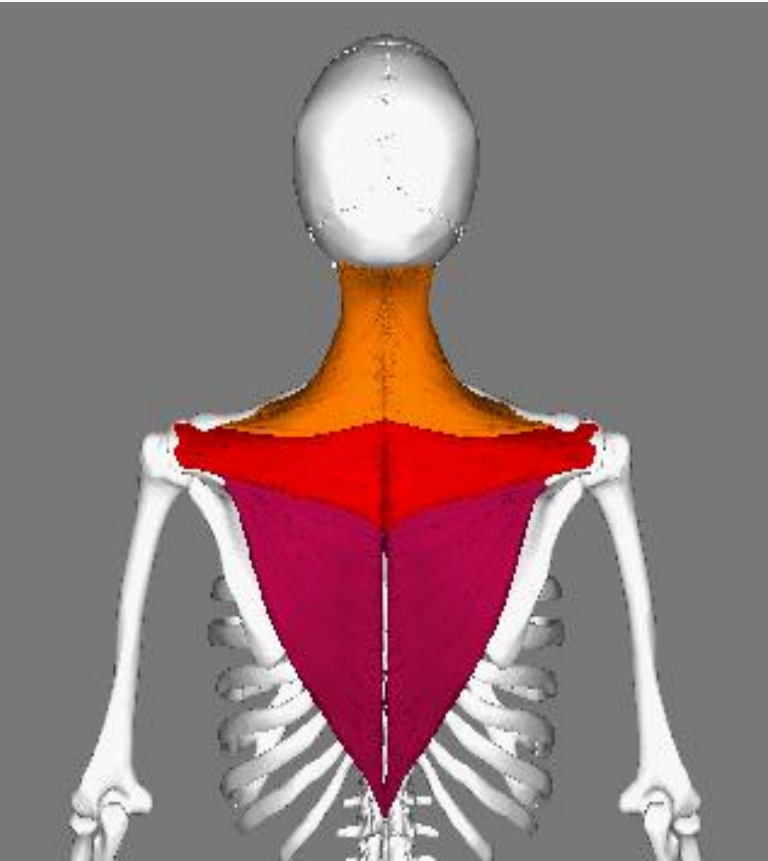
The trapezius injury derived in bad posture

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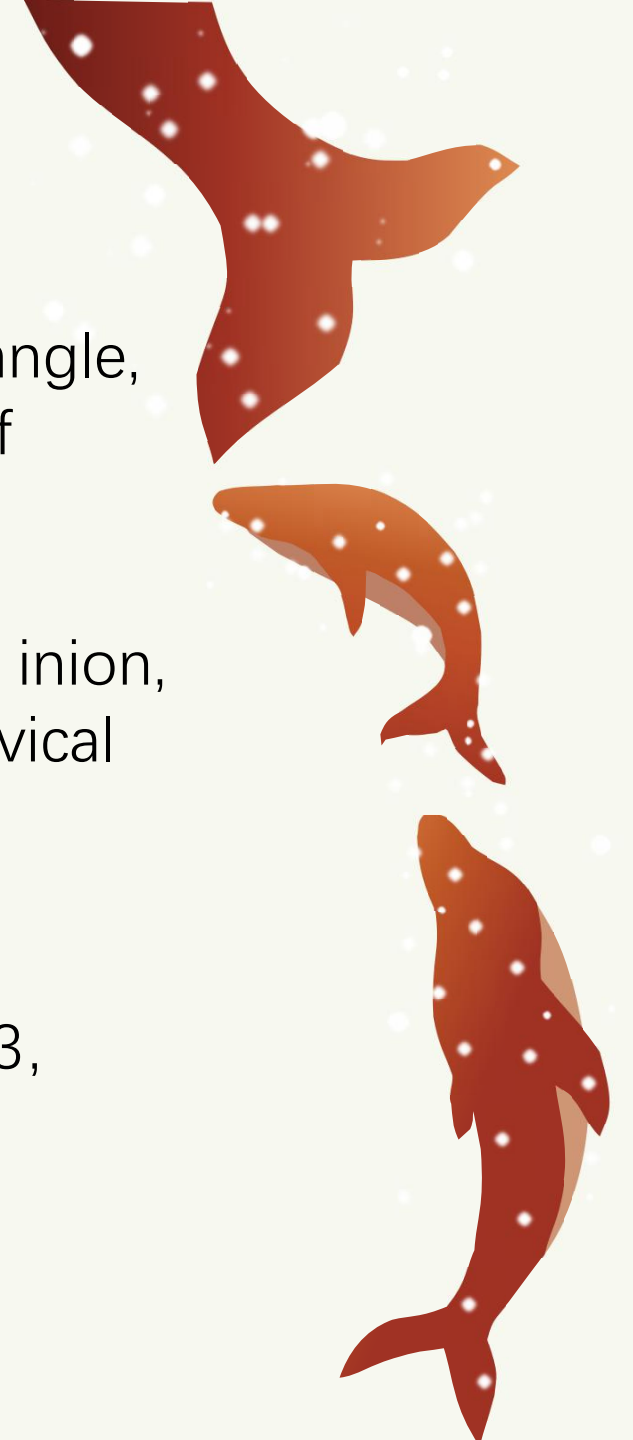
Trapezius muschle



Position: The neck and the back subcutaneous, one side for the triangle, on both sides of the consistency of rhombus.

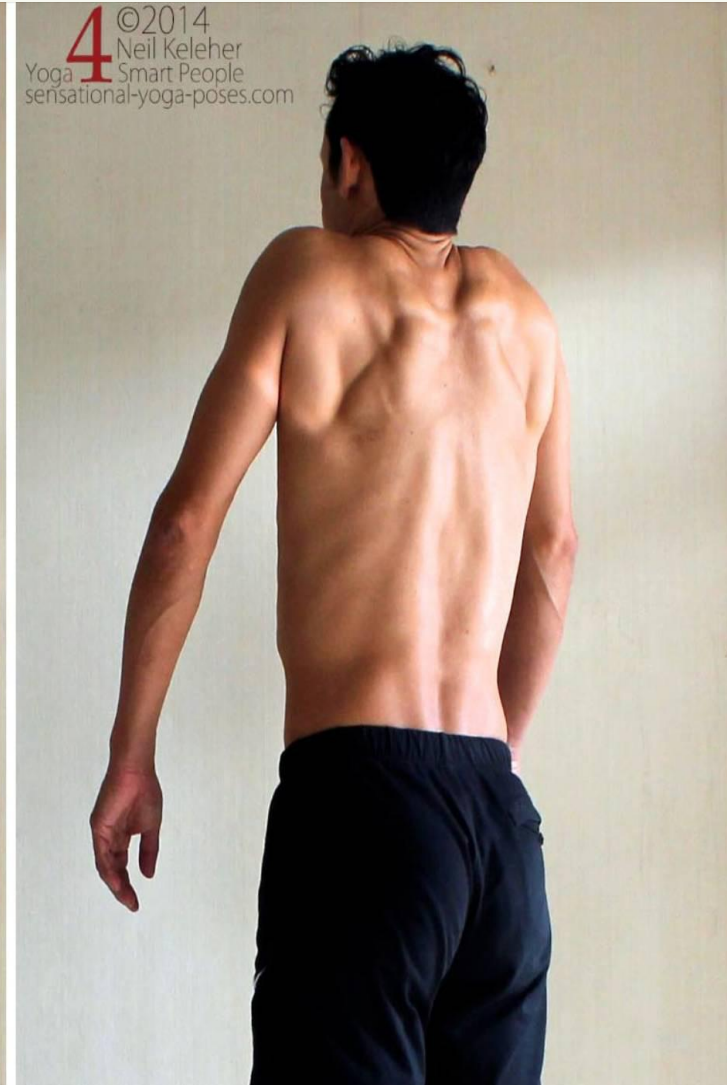
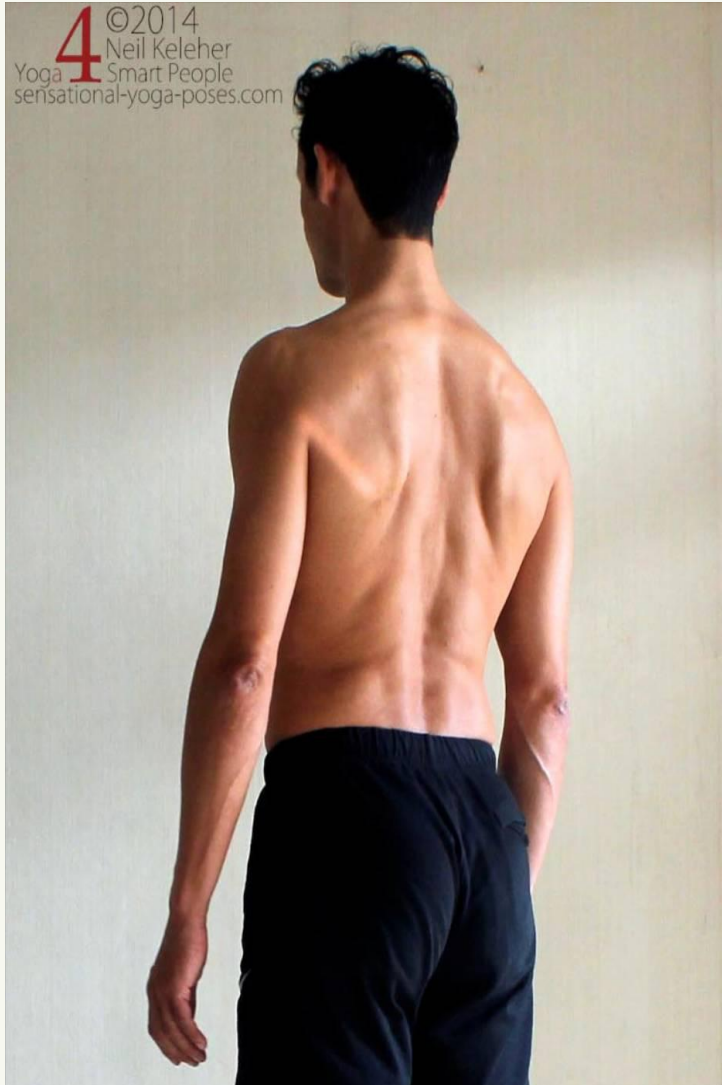
Origin : Superior nuchal line, and inion, nuchal ligament, the seventh cervical spine, all of the thoracic spinous process and ligaments

Terminations : Lateral clavicle 1/3, acromion and mesoscapula.

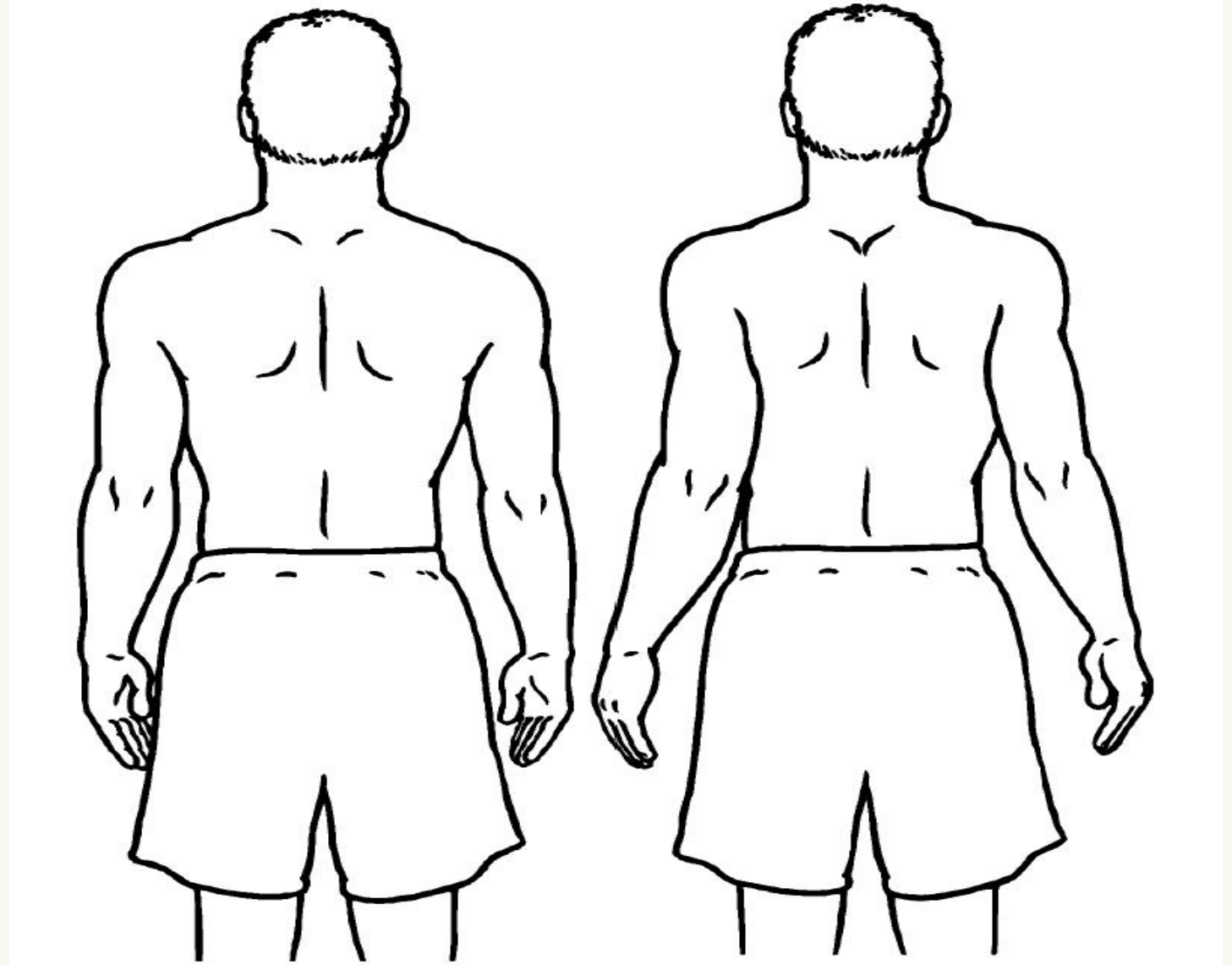


FUNCTION

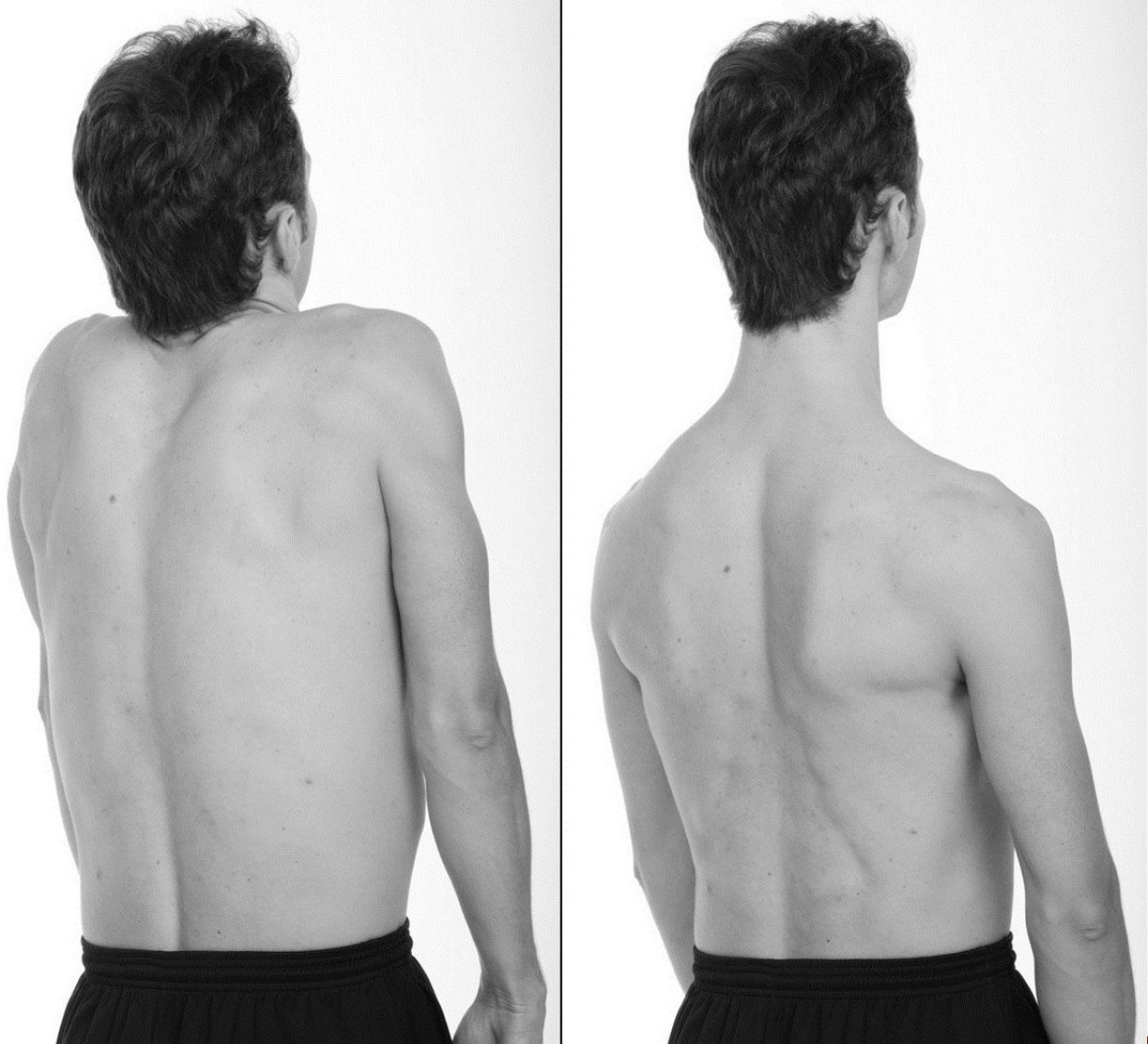
1. Superior trapezius can make scapula elevation.



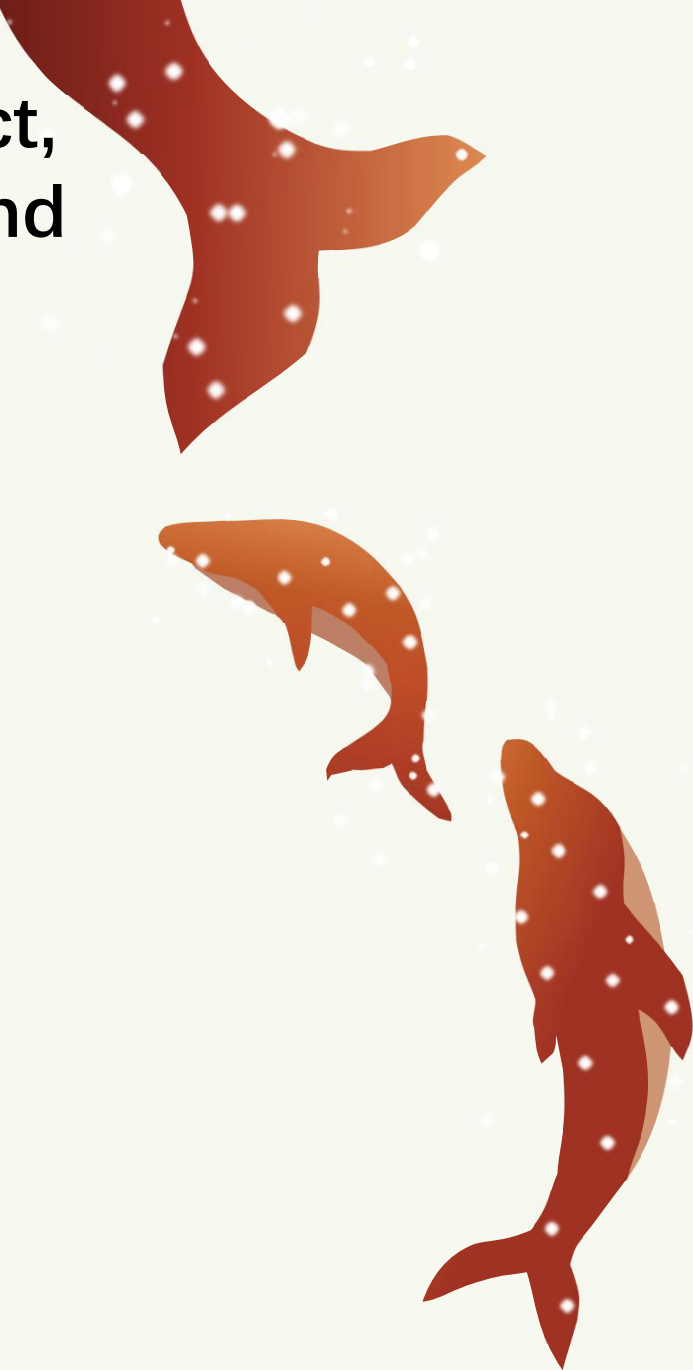
2. Middle trapezius can make scapula retraction.



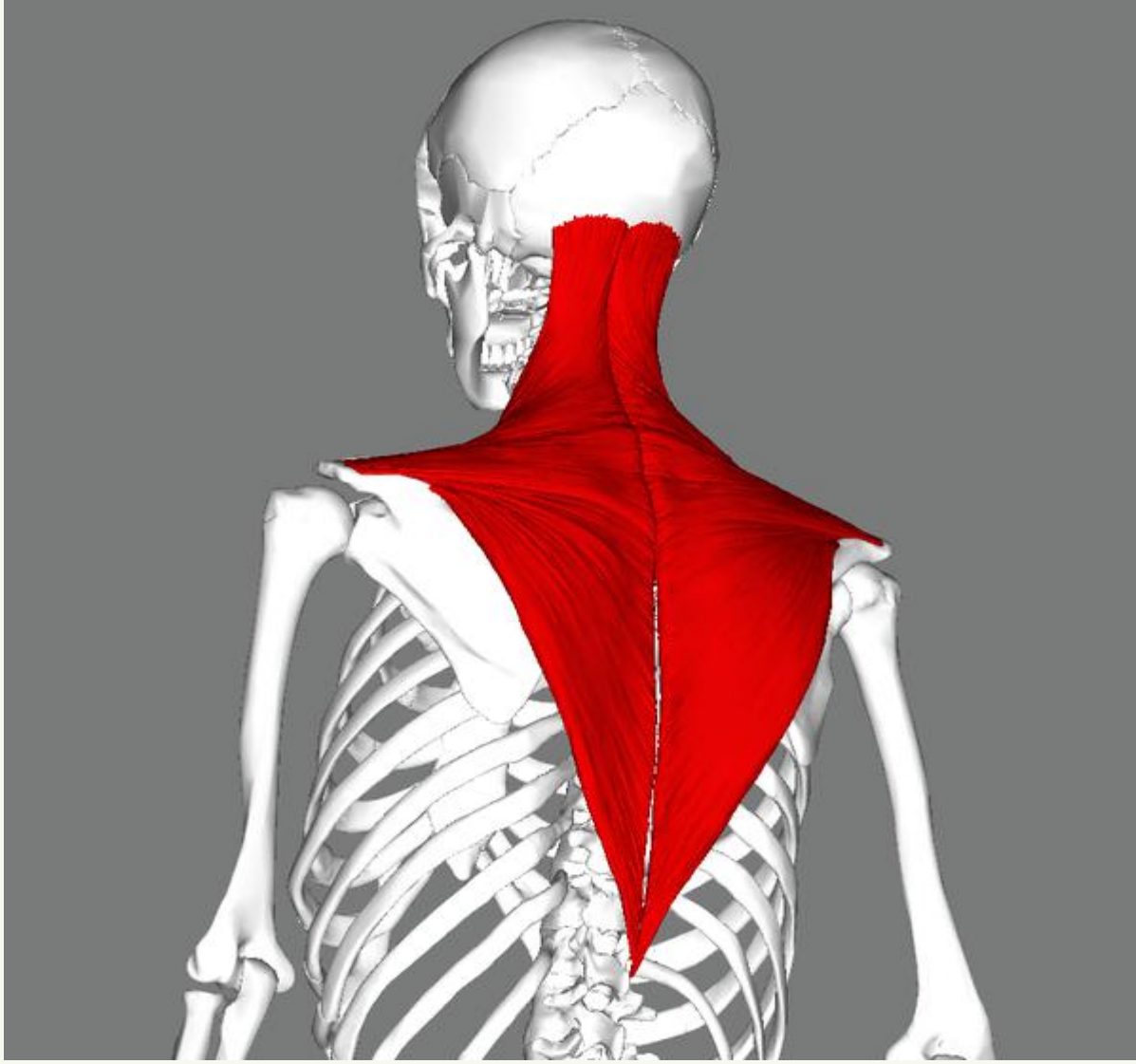
3. Inferior trapezius can make scapula depression.



4. Fix scapula, one side of the muscle fiber contract, so that the head to the same side of the flexor and Rotate to the other side.



5. Fix scapula, both sides of the muscle fiber contraction can make the head back.



A stylized illustration of a multi-tiered pagoda with a large orange fox-like creature and a person on a balcony. The scene is set at night, with a warm, golden light emanating from the top of the pagoda, creating a glowing effect. The fox-like creature is large and orange with white markings, appearing to be in motion. A person in a red and black outfit is visible on one of the balconies, reaching out towards the creature. The overall atmosphere is magical and ethereal.

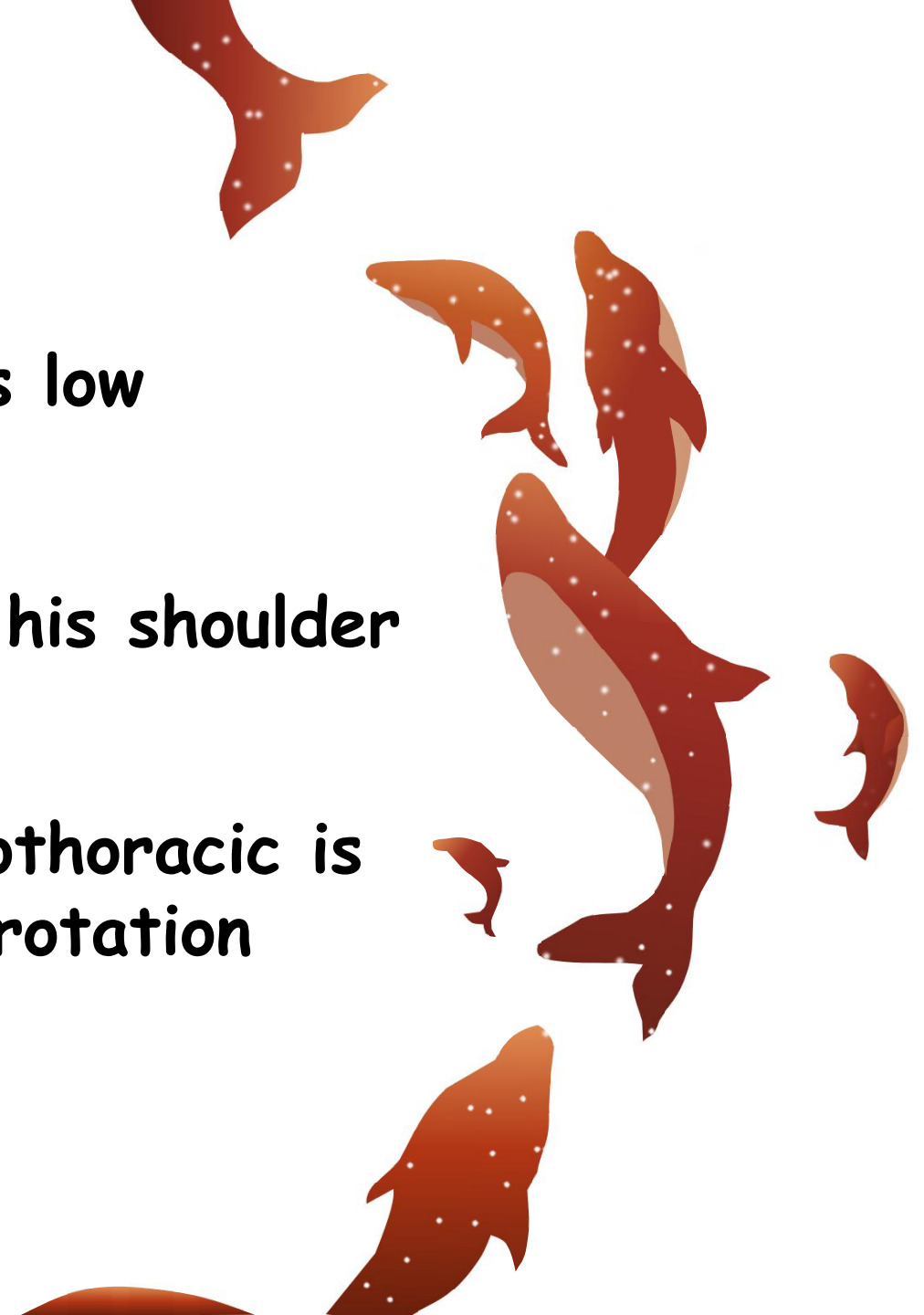
The bad posture in our daily life



His head is low

He shrugs his shoulder

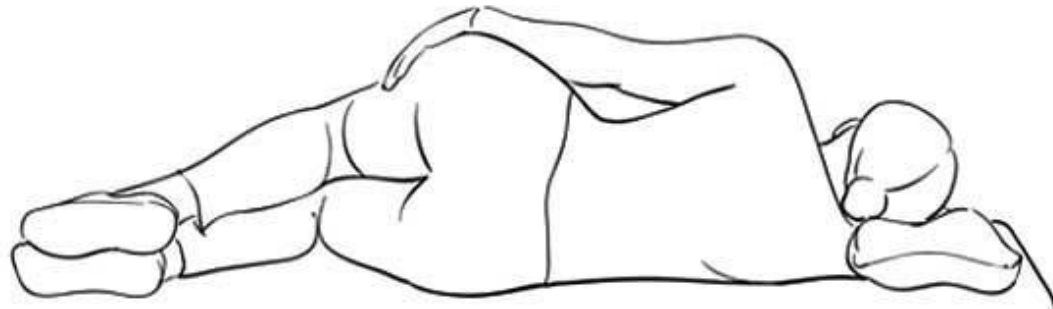
His scapulothoracic is
in upward rotation



The bed side: shrugged shoulder, the scapulothoracic is in upward rotation and elevation

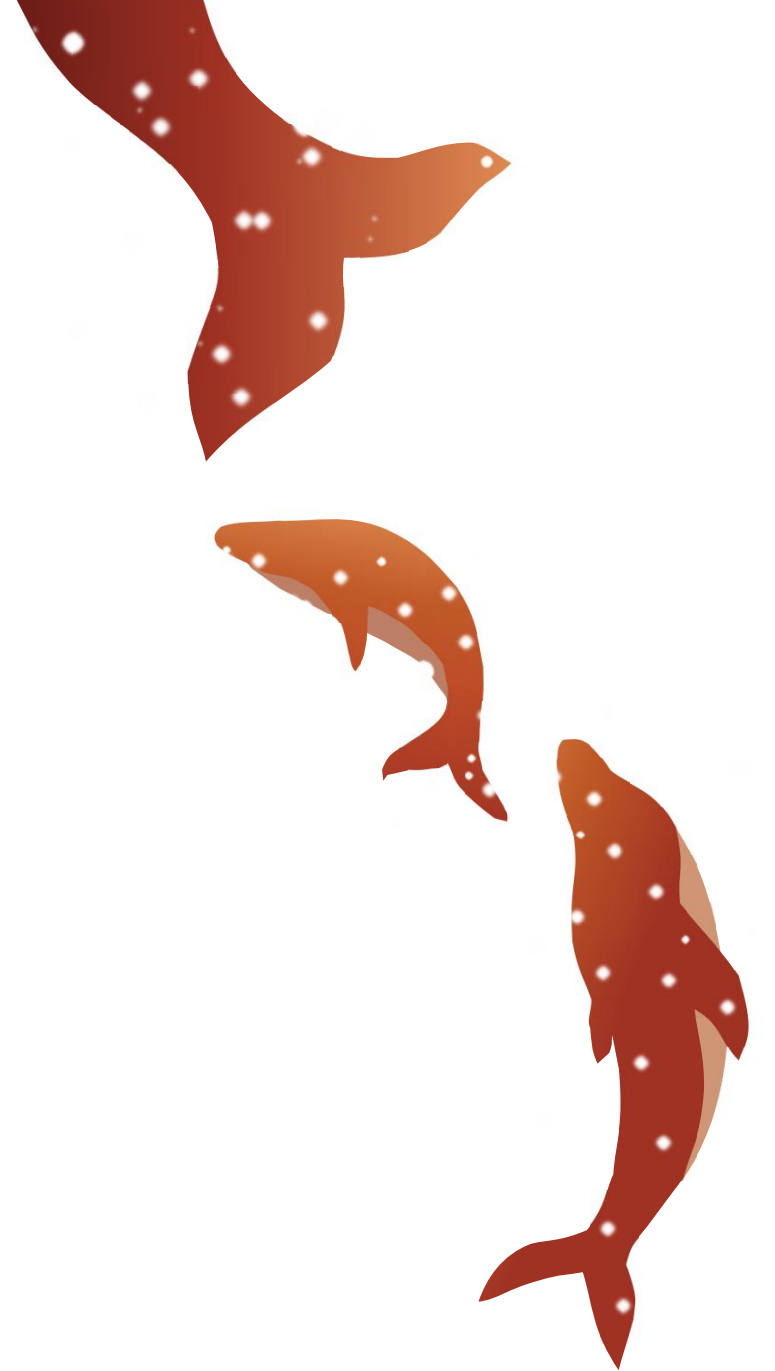


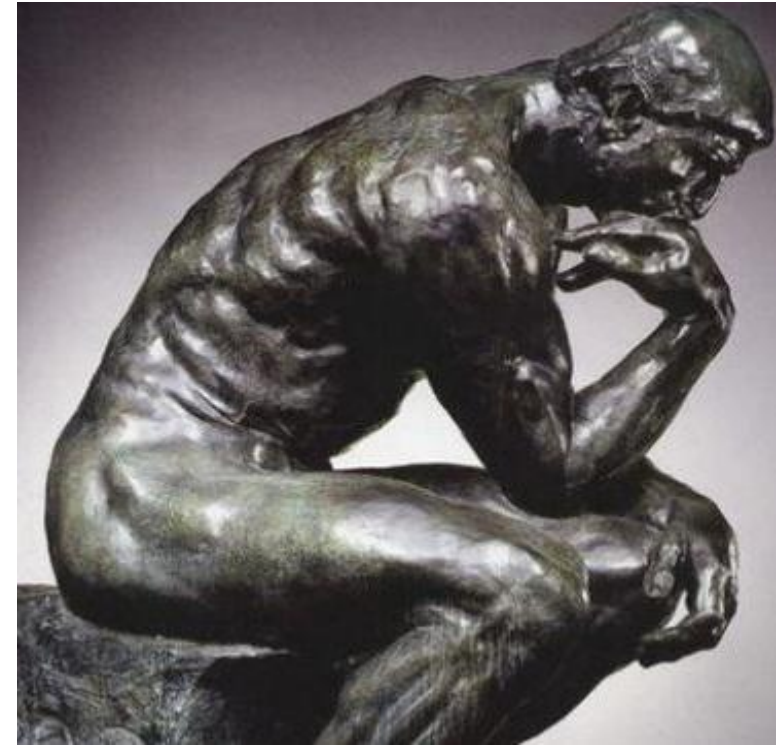
Another side: the scapulothoracic is in depression





The glenohumeral joint is in flexion
The scapulothoracic joint is in protraction and elevation






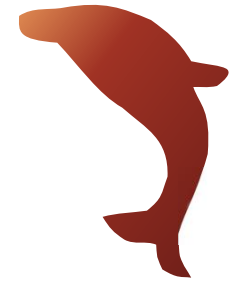
**The scapulothoracic is
indepression and upward rotation-
--the main function of the
inferior trapezius**

We can see that we hold some bad posture inadvertently in our daily life, we shrug our shoulder, we low our head, we make our scapulothoracic joint in elevation and upward rotation and so on. These bad postures can hurt our trapezius, cause pain and other problems, so we need to exercise our trapezius muscle



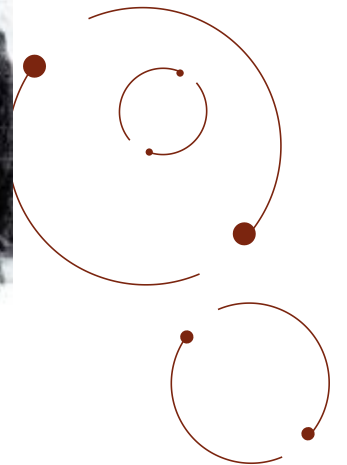


Stretch the trapezius muscle





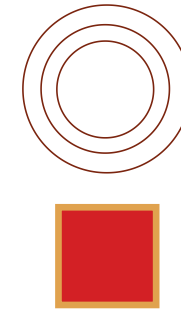
PNF





Strength Training

BIG FISH &
CHINESE FLOWERING
CRABAPPLE



Dumbbell Shrugs

Attentions:

control the dumbbell
avoid the back arched
shrug shoulders when inhaling
drop the dumbbell and finish exhaling

- 1、Behm DG, Button DC, Butt JC. Factors affecting force loss with prolonged stretching. *Can J Appl Physiol*, 2001, 30 : 302-272.
- 2、Godges JJ, Mattson-Bell M, Thorpe D, et al. The immediate effects of soft tissue mobilization with proprioceptive neuromuscular facilitation on glenohumeral external rotation and overhead reach. *J Orthop Sports Phys Ther*, 2003, 33 (12) : 713-8.
- 3、Jianwu, Xu; Kemeng, Chen; Xin, Ma
PNF Stretching after Intensive Training is Beneficial for Rapid Recovery of Muscle Power and Proprioception *Zhongguo yundong yixue zazhi*; 2015, 34(10):962-966
- 4、王小迪,张保国. PNF拉伸法对肌肉力量、柔韧性及生物电特性的影响 [J]. *中国运动医学杂志*. 2011(04)
- 5、The effects of stretching exercise for upper trapezius on the asymmetric rate of bite force Bomjin Lee, PhD1), Joongsook Lee, PhD1), Jeongok Yang, PhD1), Kwangjin Heo, MS, PT2), Hojin Hwang3), Boyoung Kim3), Dongwook Han, PhD, PT3) *J. Phys. Ther. Sci.* 27: 2159–2162, 2015
- 6、Erratum to “Muscular Contraction Ability Develops in the Lower Trapezius Muscle of the Dominant Arm in Team Hand-Ball Players” [*Advances in Bioscience and Biotechnology* 6 (2015) 368–374] Hajime Fujimoto^{1,2}, Tamotsu Yabumoto², Hiroyuki Sugimori², Sohee Shin², Tsuneo Watanabe², Toshio Matsuoka² *Advances in Bioscience and Biotechnology*, 2015, 6, 537-538



Thanks