Upper Back/Traps

• Sit upright in a chair with armrests.
• Place hands/forearms on armrests and actively push down with your shoulders.
• Hold for 30-60 seconds, then relax. Repeat 3-4x.

Variation. Sit on a chair at a table. Place hands in front of you on table surface. Actively push down with your shoulders, while keeping hands on surface. Think of pushing your shoulders down away from your ears.