

Treatment

Trapezius number 1. It's important to understand that trapezius number 1 in the angle of the neck is often found right under the skin. The taut band that contains the trigger point feels like a knitting needle between your fingers.

Treatment Tips

To make the upper trapezius easier to get ahold of, loosen it by putting your hand in your pocket or waistband.

Tilt your head to the same side while massaging to relax this muscle.

Use the Thera Cane through a layer of clothing.

Rest your elbows on a desk or table as you reach across the body to massage the trapezius.

It usually takes only a shallow pinch to take hold of it for most folks. Heavily muscled and generously proportioned people will find this trigger point in a larger denser roll of muscle as big as a magic marker at the same junction. Using your opposite hand, massage the trapezius by rolling it between your thumb and first two fingers (figure 4.14). A good, strong squeeze of trapezius number 1 may reproduce or accentuate a temple headache, which verifies it as the cause. Virtually everyone has this trigger point, and it causes an incredible amount of grief. If this technique is too hard on your hands, try using a modified pinch with a ball against a wall (figure 4.15).

Trapezius number 2. These two trigger points (figure 4.9) can also be pinched using the opposite hand. Make sure your thumb is in front of and beneath the big roll of muscle at the top of your shoulder. In other words, pinch with a big bite from the very front, about an inch above the collarbone. The first, more medial, point is right in the middle, while the second, or lateral, point is an inch or two more toward the outside. Remember that medial means toward the midline and lateral means toward the outside of

the body. The medial point is deeper into the body and requires a bigger pinch than the trapezius number 1 point. To find and treat the outer trigger point, search further laterally toward the shoulder using a pinching motion. Go across the trapezius until you run into the collarbone with your thumb. Keep the thumb there, just inside the collarbone, and with it dig up and outward underneath the roll of trapezius. The fingers will meet the thumb from the other side with a pinch. You will be massaging into the front of the trapezius just before it attaches laterally to the collarbone. The muscle will feel thick and dense here.

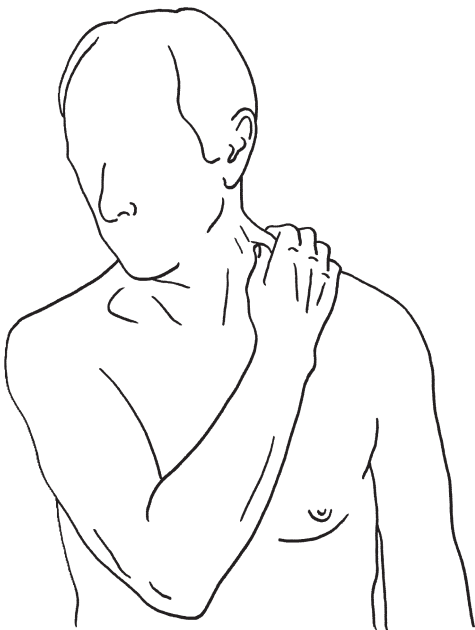


Figure 4.14 Massage of trapezius number 1 with fingers and thumb

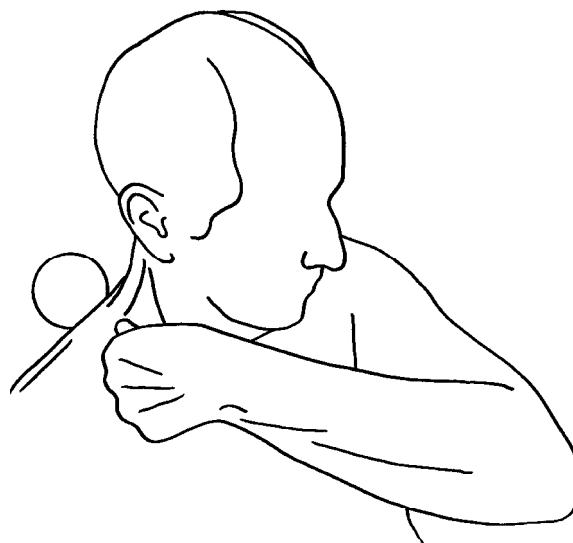


Figure 4.15 Trapezius number 2 massage with supported thumb against a ball on a wall or bed