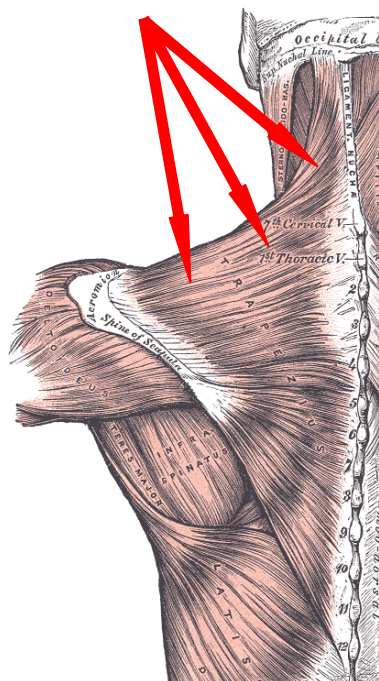


Upper Trapezius Strain

One part of your shoulder, the part that blends with the neck, is either acutely painful and in spasm, or chronically aching.

Muscles Involved in Upper Trapezius Strain



(a) Acute Strain

This is usually an acute combination of:

1. Spasm, which is usually caused by
2. Overstretching of the muscle due to sudden trauma.

Symptoms

Symptoms include stiffness, localised pain, and bruising around the strained muscle.

Acute Phase Treatment

Your practitioner may apply Goltech® cross-fibre to release the spasm.

You may apply an ice-cube to the sore area 2-3 times per day until it melts to accelerate healing. It is as good as ultrasound.

Healing Phase Treatment

Your practitioner may apply Goltech® myofascial release to prevent myofascial hardening and scar formation in the muscle.

(b) Chronic Strain

Symptoms

Chronic muscle strain is characterised by a *constant ache* in the muscle. Intensity varies from dull to severe.

Cause

More chronic forms of upper trapezius strain occur due to chronic and constant low level load on the trapezius. Such causes include:

1. Poor posture
2. Faulty ergonomics at the workplace such as having a computer keyboard at a level requiring the trapezius to maintain a constant “shrug” position in order for the fingers to operate the keyboard

Treatment

Treatment involves correcting posture, adjusting the workplace environment and Goltech® cross-fibre and myofascial release to break up any adhesive tissue which has developed due to the chronic low grade inflammation.

Your practitioner will advise you as to the best course of action.