

Trapezititis Overview - Bombay Spine Clinic

- Trapezitis

What Is It?

- Trapezitis refers to pain, inflammation or muscle spasm involving the trapezius muscle, a large muscle extending from the back of the head and neck to the shoulders and upper back. It is one of the most common causes of neck, shoulder and upper back discomfort, particularly among individuals who spend long hours working on computers, using mobile phones or maintaining poor posture.
- Although commonly referred to as "Trapezititis," the condition is often related to muscle strain, overuse, postural imbalance or myofascial pain rather than true inflammation.
- Common Symptoms
- Patients may experience:
 - Pain in the neck and shoulder region
 - Tightness or stiffness in the upper back
 - Pain between the neck and shoulder blade
 - Tender spots or muscle knots
 - Difficulty turning the neck
 - Pain after prolonged desk work
 - Headaches originating from the neck or shoulder region
 - Feeling of heaviness around the shoulders
 - Pain that worsens towards the end of the day

Symptoms are often aggravated by prolonged sitting, computer work or mobile phone use.

Causes & Risk Factors

- Common causes include:
 - Poor posture
 - Prolonged computer or laptop use
 - Excessive mobile phone use ("Text Neck")
 - Stress-related muscle tension
 - Long working hours at a desk
 - Inadequate workstation ergonomics
 - Sleeping in an awkward position

- Carrying heavy bags on one shoulder
- Lack of regular exercise
- Risk factors include:
- Office-based occupations
- Students
- Drivers
- Frequent travellers
- Sedentary lifestyle
- Anxiety and stress
- When Should You Seek Medical Advice?
- Medical evaluation is recommended if:

Symptoms persist despite rest and medications

- Pain is severe or progressively worsening
- Pain radiates into the arm
- Numbness or tingling develops
- Weakness occurs in the arm or hand

Symptoms interfere with work or sleep

- Neck pain is associated with balance problems or hand clumsiness
- Persistent symptoms may occasionally indicate an underlying cervical spine disorder requiring further evaluation.
- How Is It Diagnosed?
- Clinical Examination

Diagnosis is primarily based on a detailed history and physical examination. The doctor evaluates posture, neck movements, muscle tenderness and associated neurological symptoms.

- X-Ray
- May be advised if underlying cervical spondylosis or structural abnormalities are suspected.
- MRI
- Recommended when symptoms suggest cervical disc disease, nerve compression or spinal cord involvement.
- CT Scan
- Rarely required unless detailed evaluation of spinal structures is needed.
- Blood Tests
- Occasionally advised when inflammatory or systemic conditions are suspected.

Treatment Options

- Non-Surgical Treatment
- Most patients improve with conservative treatment.

Treatment may include:

- Activity modification
- Posture correction
- Ergonomic workplace adjustments
- Physiotherapy
- Stretching exercises
- Strengthening exercises
- Heat therapy
- Stress management
- Short-term medications when required
- Regular exercise and correcting postural habits are essential to prevent recurrence.
- Surgical Treatment
- Surgery is not required for Trapezitis.
- If symptoms are due to an underlying cervical spine condition such as cervical spondylosis, slipped disc or nerve compression, treatment will be directed towards the underlying cause.

Frequently Asked Questions

- 1. Is Trapezitis a serious condition?
- In most cases, it is a benign muscular condition that improves with appropriate treatment and posture correction.
- 2. Can mobile phone use cause Trapezitis?
- Yes. Prolonged forward bending of the neck while using a mobile phone is a common cause.
- 3. Why does my pain worsen towards evening?
- Muscle fatigue and prolonged postural strain throughout the day often cause symptoms to worsen later in the day.
- 4. Can physiotherapy help?
- Yes. Physiotherapy plays an important role in relieving pain, improving posture and preventing recurrence.
- 5. Is Trapezitis the same as cervical spondylosis?
- No. Trapezitis primarily affects the muscles, whereas cervical spondylosis involves age-related changes in the cervical spine.
- 6. Can stress contribute to Trapezitis?
- Yes. Emotional stress often leads to increased muscle tension around the neck and shoulders.
- 7. Do I need an MRI?
- Not always. MRI is usually reserved for persistent symptoms or when nerve-related symptoms are present.
- 8. Can Trapezitis recur?

- Yes. Without addressing posture, ergonomics and muscle conditioning, symptoms may return.
- Related Conditions
- Neck Sprain / Cervical Strain
- Cervical Spondylosis
- Slip Disc (Cervical Disc Herniation)
- Myelopathy
- Shoulder Pain
- Postural Neck Pain
- When Should You Consult a Spine Specialist?
- If your neck or shoulder pain is persistent, recurrent, associated with arm symptoms, or affecting your daily activities and work performance, a consultation with a spine specialist can help identify the underlying cause and guide appropriate treatment.
- Need Expert Advice?
- Book a consultation with Dr. Siddharth Katkade or upload your MRI/report for review through our Patient Resource Centre.

Need Clinical Evaluation or Second Opinion?

This educational document was prepared by **Dr. Siddharth Katkade**. For appointments or to share MRI scan reports for clinical review, call **+91 88507 73095** or consult at Byculla (E) / Khar (W) clinics.