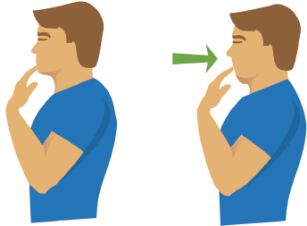


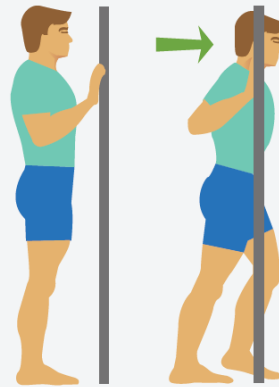
Exercises for "Tech Neck" Relief



Cervical Retract (Chin Tuck) Sit/Stand Stretch

- Sit or stand, looking forward, with good posture.
- Tuck chin in.
- Return to start position.

To progress, place finger on chin, apply backwards pressure. Perform 3 sets of 20 repetitions, once a day. Rest 1 minute between sets. Perform 1 repetition every 4 seconds.



Stretch Pectoral Muscle Standing at Door

- Stand in doorway or in corner.
- Place arms at chest level on sides of doorway as shown.
- Gently step forward, keeping back straight.
- Return to start position.

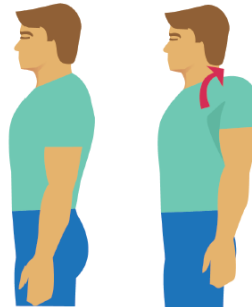
Place both hands at waist level or at head level to stretch different portions of the muscle. Perform 1 set of 4 repetitions, twice a day. Hold exercise for 15 seconds.



Stretch Trapezius Muscle

- Place right arm behind back.
- Grasp arm with left hand as shown.
- Bend neck sideways to left as you pull your right arm.
- Repeat for other side.

Perform 1 set of 4 repetitions, twice a day. Hold exercise for 15 seconds.



Shoulder Roll Stretch

- Stand or sit, raise shoulders upward toward ears, and roll backwards.
- Return to start position

Perform 3 sets of 20 repetitions, once a day. Rest 1 minute between sets. Perform 1 repetition every 4 seconds.

Preventative Tips



1 Practice "Chin Up" to improve posture. Raise your device and computer screen and try not to change the position of your head.

2 Limit the time you use your devices. Take frequent breaks and look up from your device.

3 During breaks, relax your shoulders, and do some of the above stretching to loosen your muscles.

If You're Still Struggling, We Can Help—Call Today to Get Started.

We offer several treatment options to alleviate pain and reverse damage.

- Spinal Adjustments
- Spinal Decompression
- Cold Laser Therapy
- Trigger Point Therapy
- Rapid Release Therapy
- Manual Therapy
- Doctor-Directed Massage
- Posture Medic Device

Our experienced team will help you navigate all of the available treatment options for the best outcome.

To see how you can reach your goals to get out of pain, call us at 616-392-9500.