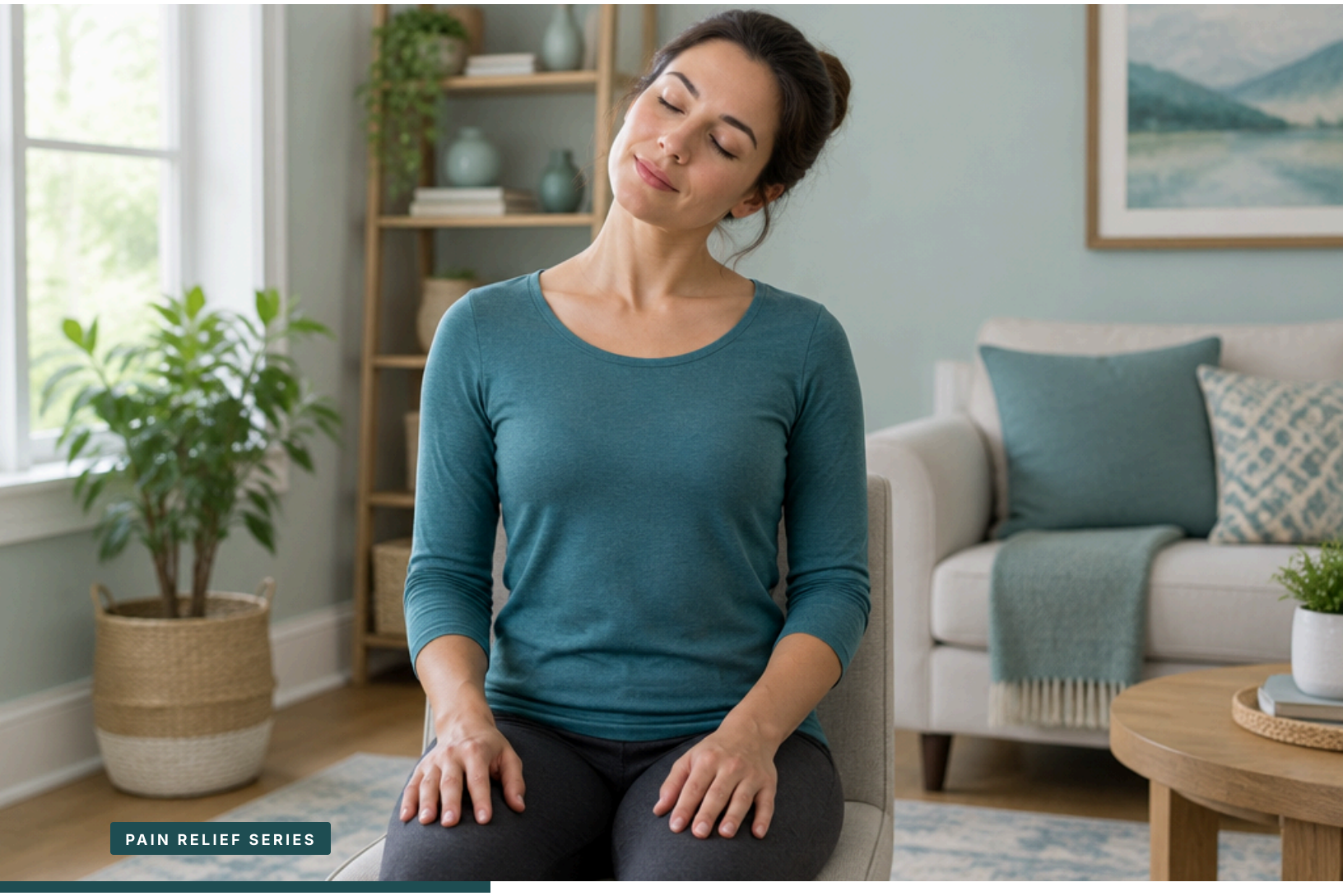


NECK PAIN RELIEF

Give your neck a break.

Gentle neck and shoulder moves, plus screen, sleep and driving habits for an easier day.

INSIDE THIS GUIDE

01 **When to get care**
And the stop rule

02 **Mobility**
Loosen up first

03 **Stability**
Wake up support muscles

04 **Movement**
Put it together

05 **At Home Beyond Stretching**
Everyday strategies

Start here → Read page 2, then work through the sections in order: mobility, stability, movement.

General education only. Not a diagnosis or a treatment plan for you.
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ABOUT THIS GUIDE

Neck pain: what to know

Many people have neck soreness or stiffness at some point. This guide shares simple, general ways to stay comfortable and moving. It doesn't replace an exam.

WHAT IT CAN FEEL LIKE

- Stiffness turning your head
- Tight, achy muscles at the base of the neck or top of the shoulders
- Soreness after screen time, driving or sleeping awkwardly

WHAT OFTEN HELPS

- Small, gentle neck movements
- Taking breaks from screens
- A pillow that keeps your head level
- Relaxing your shoulders down

When to call us

- Pain that isn't easing after a week or two of gentle care
- Pain that keeps coming back
- Stiffness that gets in the way of work, sleep or daily life
- You're not sure which moves are right for you

STOP RULE: READ FIRST

These are general, gentle movements, not a treatment plan for you. If Dr. Fair hasn't examined you, treat them as general education only; if you're a patient, follow what we've discussed. Keep every move small, slow and easy, skip anything you're unsure about, and stop if anything increases your symptoms. **Stop and call us at (209) 521-1122** if pain spreads or travels, numbness or tingling increases, you feel sharp or catching pain, or you notice new swelling or weakness.

Get medical care right away for

- Neck pain after a fall, crash or injury
- Numbness, tingling or weakness in an arm
- A sudden, severe headache
- Dizziness, trouble speaking or seeing
- Neck pain with fever or a neck too stiff to bend
- Trouble walking or with balance

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SECTION 1 · MOBILITY

Loosen up first

Start with gentle mobility moves to ease stiffness. Go slowly, breathe, and stay in a comfortable range.

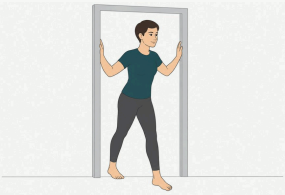
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01 Side Neck Tilt

MOBILITY · SIDE OF NECK + UPPER SHOULDER · **3 × 15 SEC EACH**

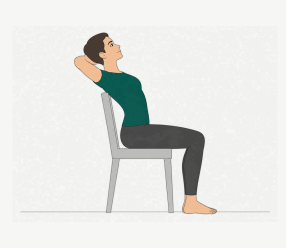
Shoulders down, gently tilt your ear toward your shoulder.



02 Doorway Chest Opener

MOBILITY · CHEST + FRONT OF SHOULDER · **3 × 20 SEC**

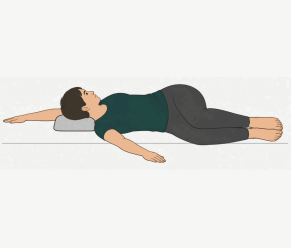
Forearms on the frame, step through until you feel a light stretch.



03 Seated Upper-Back Lift

MOBILITY · MID-BACK · **5 × 3-SEC HOLD**

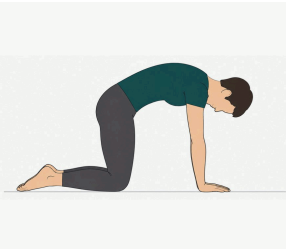
Hands behind your head, sit tall and lift your chest gently.



04 Open Book

MOBILITY · UPPER BACK + RIBS · **6 EACH SIDE**

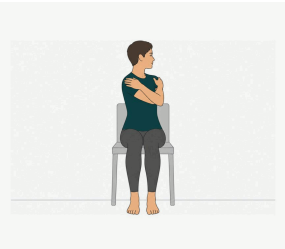
On your side, knees bent. Open your top arm like a book and breathe.



05 Cat-Cow

MOBILITY · WHOLE SPINE · **8 SLOW REPS**

On hands and knees, gently round your back, then let it sag a little. Small, easy motion.



06 Seated Trunk Turns

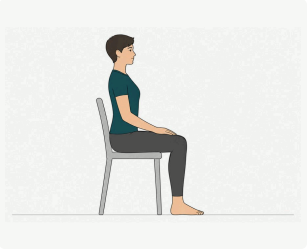
MOBILITY · MID-BACK · **8 EACH WAY**

Arms crossed, turn gently side to side from your mid-back.

SECTION 2 · STABILITY

Wake up your support muscles

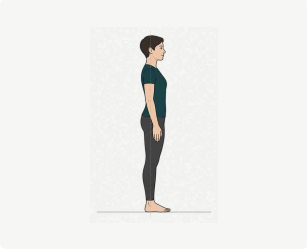
These moves gently switch on the muscles that help hold you steady. Small, controlled and easy.



01 Chin Tuck

STABILITY · DEEP NECK MUSCLES · **5 × 5-SEC HOLD**

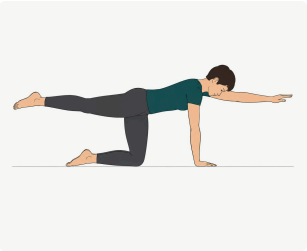
Sit tall. Glide your chin straight back, eyes level, then relax.



02 Shoulder Blade Set

STABILITY · MID + LOWER SHOULDER BLADE · **10 × 3-SEC HOLD**

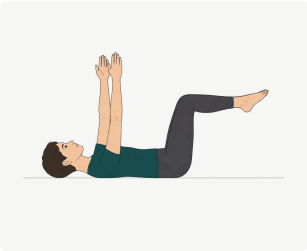
Stand tall and gently draw your shoulder blades back and down, not up.



03 Bird Dog

STABILITY · CORE + BACK CONTROL · **6 EACH SIDE · 3-SEC HOLD**

On hands and knees, reach one arm forward and the opposite leg back. Keep your back flat and still.



04 Dead Bug

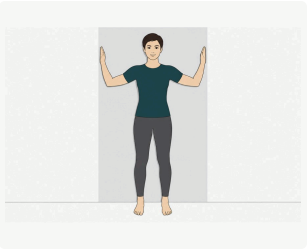
STABILITY · DEEP CORE · **6 EACH SIDE**

On your back, knees and arms up. Slowly lower one heel to tap the floor while your low back stays flat.

SECTION 3 · MOVEMENT

Put it together

Now practice an everyday movement with good control. Quality over quantity.



05 Wall Slides

MOVEMENT · SHOULDER BLADES + ARMS · **10 REPS**

Back to a wall, arms in a goalpost. Slide up only as high as is easy, shoulders down.

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AT HOME BEYOND STRETCHING

Everyday ways to feel better

Simple, practical things you can do at home for your neck, beyond the exercises.

HEAT OR COLD

Some people find a warm pack eases stiffness; others prefer a cool pack after activity. Use either for 15–20 minutes with a cloth between it and your skin, and check your skin often. Skip it if the area has reduced feeling.

PILLOW AND SLEEP

Pick a pillow that keeps your head level with your body. Try to avoid sleeping on your stomach with your head turned.

SCREENS AND PHONE

Raise screens toward eye level and take a short break every 30 minutes. Hold the phone up, not in your lap.

IN THE CAR

Set the headrest close to the back of your head. Keep your shoulders relaxed on the wheel.

Everyday habits

- Raise your screen or phone toward eye level
- Take a short break every 30 minutes of screen time
- Keep your shoulders relaxed and down, not up by your ears
- Set your car headrest close to the back of your head
- Avoid sleeping on your stomach with your head turned

Your quick plan

When	What to do
Morning	Get up and move for a few minutes. A few slow chin tucks are a gentle start.
Through the day	Change position every 30 minutes. Take a short walk if you can.
Evening	Do the moves on pages 3 and 4 at an easy effort.
Bedtime	Set up your pillows for a comfortable position.
Each week	Notice what helps and what doesn't. Call us if things aren't easing.

QUESTIONS? CALL US

(209) 521-1122

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