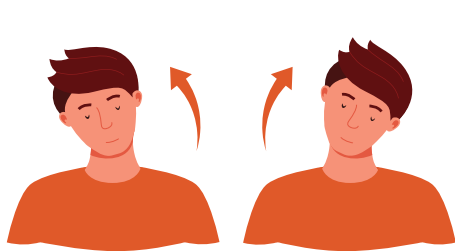


7 Stretches for “Tech Neck” You Can Do Anywhere

Loosen a stiff neck and upper back with easy exercises you can do easily at the office, traveling as a passenger, waiting in line, or anywhere else you may be.



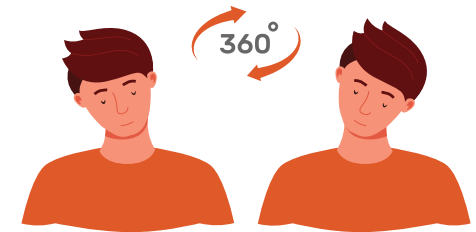
1. Neck side stretch

- Place your palm gently on the top of your head
- Bend your right ear toward your right shoulder.
- Hold it for 10-30 seconds
- Repeat on the other side neck
- Repeat the sequence 3-5 times



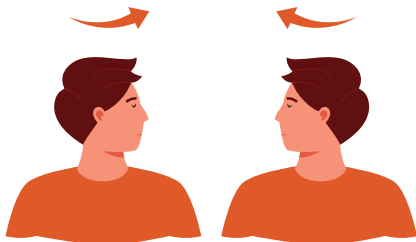
2. Neck back/forward stretch

- Place your palms together with your thumbs under your chin and pointer fingers toward your forehead
- Tilt your head gently backwards (not too tight)
- Lift your head back to a natural position looking forward
- Lean your head forward
- Place your hands on the back of your head and gently pull your head forward to deepen the stretch



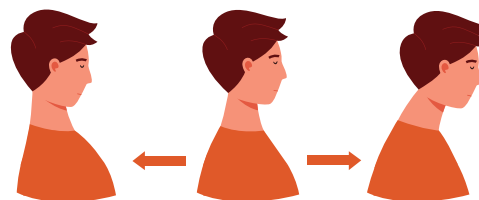
3. Neck rotation twist

- Stand in a relaxed position with your back straight
- Twist your head slowly to the left side
- Turn your head back to the center
- Twist your head slowly to the right
- Repeat 3-5 times



4. Neck rolls

- Stand or sit in a comfortable position
- Roll your neck in a circular motion slowly to the left
- Switch directions
- Repeat 3-5 times



5. Chin Tuck

- Begin in a sitting or standing position with your head in a neutral position
- Place your pointer finger on your chin
- Gently push your head back
- Bring your head back to neutral
- Repeat 3-5 times



6. Reverse shoulder stretch

- Put your hands behind your back and interlock your fingers close to your waste
- Lift your hands up toward your upper back
- Squeeze your shoulder blades together
- Hold the position for 10- 30 seconds
- Repeat a few times



7. Wing span stretch

- Stand or sit in a comfortable position
- Bend one arm above the head
- Bend one arm by the hips
- Crawl your fingers toward one another up and down your back
- Attempt to link your hands at the fingers
- Pull your fingers gently
- Stretch your elbows outward to tighten the stretch
- Reverse arms and repeat the movement