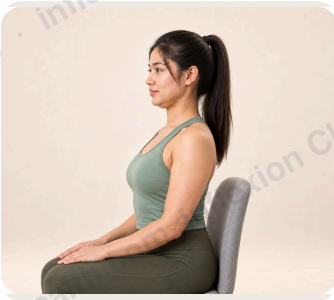


Mechanical Neck Pain

Stiff, aching neck often linked to posture, desk work or sleep position. Strength and endurance training of the neck and shoulder-blade muscles has the best evidence.

CERVICAL SPINE

1



Chin Tuck

10 × 10 sec, 2–3× daily

- Glide chin straight back, making a double chin.
- Trains the deep neck flexors.

2



Isometric Neck Press

5 × 5 sec each direction

- Press the head into your hand: forward, back, each side.
- No movement; about 50% effort.

3



Band Row

3 × 12, 3× / week

- Pull band to the ribs, elbows back.
- Progress the band resistance.

4



Scapular Squeeze

10 × 5 sec

- Draw shoulder blades back and down.
- No shrugging toward the ears.

5



Neck Rotation

10 each side

- Turn slowly to look over each shoulder.
- Stop at a gentle stretch, not pain.

6



Thoracic Extension

10 reps

- Hands behind head; arch over the chair back.
- Lower ribs stay down.

HOW OFTEN

Mobility daily (ideal at screen breaks);
Strengthening 3× per week for 6–12 weeks.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Pain after trauma, severe headache, fever, or arm weakness/numbness — contact us promptly.