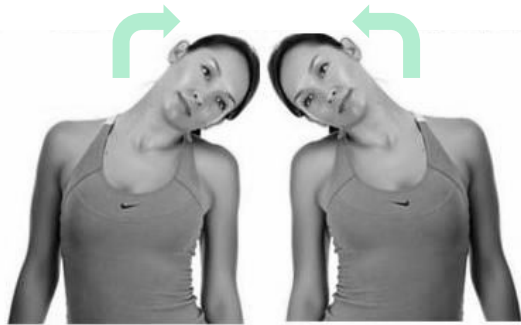


PREVENTING TECH-NECK

To combat 'Tech-Neck' your cervical spine needs daily stretching to maintain its incredible flexibility. These 4 essential stretches can help prevent stiffness and pain caused by 'Tech-Neck'.

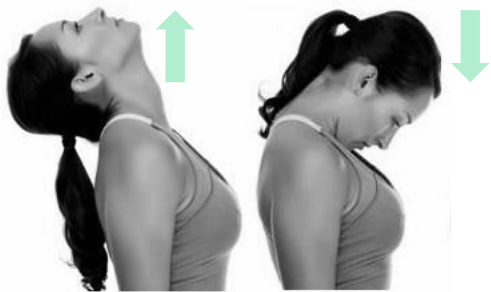
“80% of people experience neck pain during their lifetime.”

Harvard Medical School



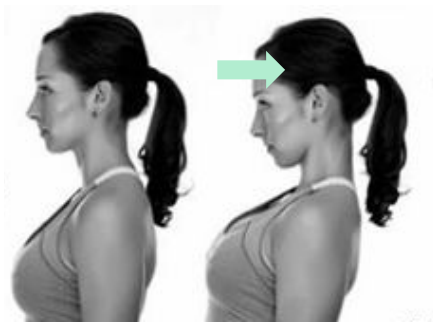
Lateral Flexion

Maintaining your gaze straight ahead, lower your right ear to your right shoulder. Hold for 20 seconds and release. Repeat on the left side.



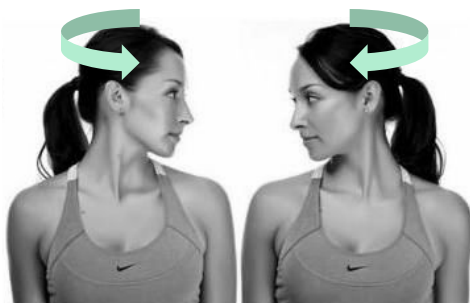
Flexion & Extension

Squeeze your shoulder blades together, sit up tall, and look up towards the ceiling. Hold for 10 seconds. Bring your gaze downward tucking the chin towards your chest. Hold for 10 seconds. Repeat 3 times.



Retraction

Tuck your chin slightly down and pull your head back while lengthening the back of the neck. Hold position for 10 seconds and release. Repeat 3 times.



Rotation

Begin facing forward. Gently turn your head to the right as far as is comfortable. Hold for 20 seconds, and then repeat on the left side.

*All material on this page is provided for your information only and may not be construed as medical advice or instruction. Consult your physician before starting any exercise program.