

Stretching Exercises For Neck Pain

Chronic or recurrent neck pain can be severely debilitating and can also be accompanied by upper back pain, shoulder blade pain, and headaches. These symptoms, along with tight neck muscles and stiff joints, can make even the simplest daily activities painful.

Neck Stretches

Flexibility and stretching exercises can expand or preserve the range of motion and elasticity in affected cervical (neck) joints, and thus relieve the stiffness that leads to pain. As a general rule, neck stretching is best done everyday, and some stretches should be done several times a day.

When the head and shoulders drift forward, certain muscles shorten and become tight. This perpetuates the posture that causes neck pain. Perform the neck stretching exercises on the pictures 3-5 times a day and also combine that with a long, hot shower.



Hopefully this helps you a great deal, but if you're still in pain and suffer from continuous headaches, upper back and neck pain, we welcome you to book an appointment with the most reviewed chiropractor in NYC, Chelsea and Brooklyn.

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