



Neck Pain Can Be a Pain in the...Neck: Easy Stretches for Reducing Tightness



Neck Pain isn't an Isolated Experience

Human lives have largely become sedentary, which has only been aided by the technological advances made during the Covid-19 pandemic. We increasingly find ourselves on our phones, laptops, and other devices now that meetings that could have been emails have only been moved to Zoom. While staring at our assorted screens, many of us tend to overlook the importance of correct posture. It is not uncommon to wait to change anything until the neck pains that are compounded in response to our slouching can't be avoided any longer. This is a serious matter because neck pains can cause further adjustments to one's posture that will temporarily alleviate pain but may further contort the spine into positions that prolong and perhaps even worsen the original issue.

In America, neck pain has an annual prevalence rate among adults exceeding 30%, with 50% of these individuals continuing to experience frequent or chronic occurrences of neck pain. A suitable first action for many is visiting your nearest chiropractor for a consultation; however, many people fail to take this first step, or a similar one, because it is anticipated that their body will heal itself soon enough. The unfortunate reality is that continued bad posture will only further worsen one's neck pain and increase the likelihood that it develops into a form of chronic neck pain. If you find yourself approaching a point of only-worsening neck pain, it may be time to intervene. Below, we present some of the easiest and most accessible stretches and corrective exercises for relieving (and ideally, healing) neck pain.

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