

Suffering from tech neck?

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Featured topic

Spending hours looking at a phone, tablet, or computer can lead to "tech neck," which comes with stiffness, soreness, and reduced mobility. Learn these three simple stretches to combat "tech neck."

In this video, you'll learn:

- Neck Flexion stretches to strengthen deep neck muscles
- Neck rotation stretches to reduce stiffness and improve mobility
- Half neck circles to gently increase flexibility in the neck and upper shoulders

These stretches are easy to perform, require no equipment, and can be done almost anywhere. For the best results, practice them consistently throughout the day and pair them with regular posture breaks.

Remember: Move slowly, stretch gently, and stop if you experience pain.

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Transcript

Narrator: Three stretches to help with tech neck. If you're like most people, you spend hours looking down at your phone or computer, and that can leave your neck tight, sore

and uncomfortable. These three simple stretches can help reduce neck stiffness and improve mobility. Move slowly with each stretch, and stop if you feel any pain.

First, neck flexion. Gently pull your chin straight back as if you're making a double chin. Then gently nod your head downward, hold for about 15 seconds, then relax. Repeat 8 to 10 times. This stretch helps strengthen the small muscles at the front of your neck that keep your head balanced directly over your spine.

Next, neck rotation stretches. Slowly turn your head to look over one shoulder until you feel a gentle stretch. Hold for 10 to 15 seconds, then repeat on the other side. This stretch primarily targets the muscles that rotate and stabilize the spine, and can improve neck mobility and reduce stiffness.

Finally, half-neck circles. Lower your chin toward your chest, then slowly roll your head from one shoulder to the other in a smooth half circle. Avoid dropping your head all the way back as that can place unnecessary stress on the neck. Repeat five times in each direction. This gentle movement helps stretch the muscles along the back and sides of the neck while improving flexibility.

Remember, stretches work best when they're done gently and consistently. See if you can do them two or three times a day. If you're experiencing consistent pain and soreness in your neck and are unable to move it well, talk to your doctor. If you found these stretches helpful or want to see more fitness content, like and subscribe.

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