NECK PAIN AND TENSION

A physiotherapy guide and exercise programme for people who spend long hours sitting, working at a computer or using their mobile phone



INTRODUCTION

If you are reading this guide, you are probably experiencing symptoms such as:

- neck tension
- neck stiffness
- a feeling of overload in the back of the neck
- discomfort while working at a computer

- pain after using your mobile phone for prolonged periods
- a feeling of neck fatigue at the end of the day

The first thing we would like to tell you is this:

👉 **You are not alone.**

More and more people spend long hours sitting, working at a computer, using mobile devices or keeping their head tilted forward for much of the day.

Over time, these positions may be associated with reduced cervical mobility, increased muscular tension and less exposure to neck extension movements.

🔹 WHY HAVE WE CREATED THIS GUIDE?

Many people with neck pain focus exclusively on massages or passive treatments.

While these approaches may provide temporary relief, they do not always help improve the neck's ability to move and adapt to the demands of daily life.

👉 **The goal of this guide is to help you progressively restore movement, mobility and tolerance to activity through simple exercises that can be performed at home.**

🔹 AN IMPORTANT CONCEPT

One of the most common mistakes is to assume that every tense muscle simply needs to be relaxed or stretched.

In some situations, muscular tension may represent a protective response from the body when an area is perceived as sensitive or overloaded.

For this reason, in addition to addressing the muscles themselves, it is also important to improve the mobility and movement capacity of the cervical spine.

🔹 HOW TO USE THIS PROGRAMME

👉 **This is not a random list of exercises.**

It is a short physiotherapy guide designed to help you restore mobility and progressively reduce the sensation of neck tension.

Perform the exercises slowly and with control, always respecting your symptoms.

💣 EXERCISES

🔹 FREQUENCY

👉 Perform the programme **2–3 times per week for approximately one month.**

✅ slow and controlled execution

✅ quality of movement before quantity

✅ consistency and gradual progression

⚠️ BEFORE YOU START

👉 Work within a **mild to moderate level of discomfort**, not intense pain and not with the expectation of being completely symptom-free during the exercises.

A slight level of discomfort during exercise can be normal and may be part of the recovery process.

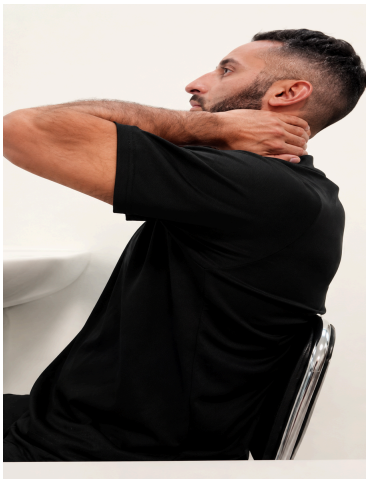
❌ Avoid significant increases in symptoms during or after the session.

👉 If this occurs, temporarily reduce the intensity or volume of the exercises.

📈 **Improvement is usually gradual and requires time, repetition and appropriate load management.**

1️⃣ CERVICAL SELF-TRACTION IN EXTENSION

https://youtube.com/shorts/uWsoHaLxlqY





Position

Sit comfortably.

Place both hands behind the back of your neck.

Execution

From this position, slowly move your head into extension while applying a gentle traction force with your hands to assist the movement.

Perform the movement slowly and in a controlled manner.

Sets

2–3 sets of 10–15 repetitions.

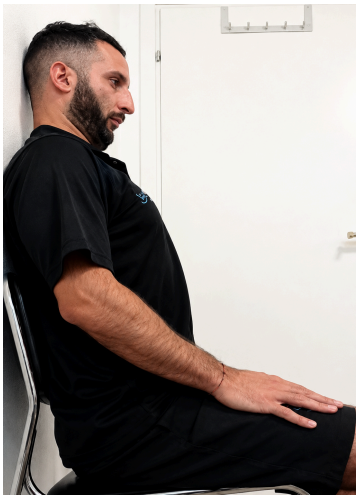
Why is it important?

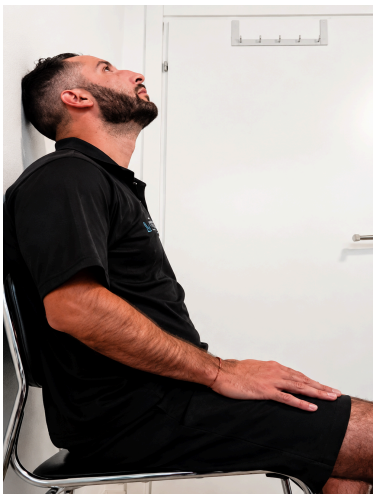
Many people spend a large part of the day with their neck positioned in flexion.

This exercise helps progressively reintroduce neck extension and cervical mobility movements that are often underused during everyday activities.

2️⃣ UPPER CERVICAL GLIDE (C1–C2) AGAINST THE WALL

https://youtube.com/shorts/6NVR5RfBgrc





Position

Sit or stand with your head and shoulder blades resting against a wall.

Execution

Perform a gentle cervical flexion and extension movement while maintaining contact between your head and the wall throughout the exercise.

Sets

2–3 sets of 10–15 repetitions.

Why is it important?

The upper cervical spine (**C1–C2**) plays an important role in the overall mobility of the neck.

Improving mobility in this area may help reduce feelings of stiffness and neck tension while promoting more comfortable movement during daily activities.

3️⃣ DYNAMIC RELEASE OF TENSION POINTS

https://youtube.com/shorts/AeiOtr7NKP0

Position

Sit comfortably.

Using your thumb or fingers, identify an area of the posterior neck muscles that feels particularly sensitive or tense.

Execution

Apply moderate pressure to the area while performing gentle neck side-bending and rotation movements.

Sets

1.5 minutes per set. Repeat approximately 6 times.

Why is it important?

The combination of pressure and movement may help reduce local sensitivity, decrease muscular tension and improve tissue mobility.

This can contribute to more comfortable neck movement and a gradual reduction in feelings of stiffness.

4️⃣ STRETCHING OF THE DEEP NECK FLEXOR MUSCLES





Position

Sit comfortably.

Execution

Gently look upwards while keeping your jaw relaxed and closed until you feel a mild stretch along the front of your neck.

Hold the position for **20–30 seconds**.

Sets

6–8 repetitions of 20–30 seconds.

Why is it important?

People who spend many hours working at a computer or using a mobile phone often maintain prolonged neck flexion positions.

This exercise helps gently mobilise and stretch the tissues located at the front of the neck, promoting better mobility and movement tolerance.

🔹 PRACTICAL TIP 💡

👉 Try to change position every **30–60 minutes** whenever possible.

There is no perfect posture that should be maintained for hours at a time.

The ability to vary movement and avoid prolonged static positions is often more important than trying to maintain a rigid posture throughout the day.

🔹 FINAL MESSAGE 💙

If you have reached this point, you have already taken an important step:

👉 **You have started actively working to improve the mobility and function of your neck.**

Remember:

✅ there is no need to rush

✅ there is no need to force movement

✅ the body adapts progressively over time

📈 What matters is gradually noticing:

- 🔹 less tension
- 🔹 improved neck mobility
- 🔹 greater comfort during daily activities
- 🔹 more confidence in movement

Want to Keep Progressing?

If you want to continue improving your neck mobility, strength and control, discover our **4-Week Advanced Program**, featuring progressive exercises, photos and demonstration videos.

DISCOVER THE ADVANCED PROGRAM:
https://physiocarehub.eu/advanced-program-for-desk-workers-and-forward-head-posture/

🔹 SUPPORT 📩

📧 support@physiocarehub.eu

👉 **You do not have to go through this alone.**

I am here to help.

Antonio

PhysioCareHub

