NECK PAIN AND TENSION

A physiotherapy guide and targeted exercise programme for people who spend long hours standing or working with their head elevated



INTRODUCTION

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

- tension in the back of the neck
- neck discomfort at the end of the working day
- stiffness
- muscular fatigue in the neck region

- discomfort when keeping your head elevated for prolonged periods
- discomfort when performing tasks above shoulder height

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

👉 **You are not alone.**

Some jobs and daily activities require people to keep their head elevated for long periods of time.

Occupations such as warehouse workers, electricians, painters, industrial workers and many manual labour tasks can increase the workload placed on the cervical muscles and contribute to the development of neck tension and discomfort.

🔹 WHY HAVE WE CREATED THIS GUIDE?

Many people experiencing neck pain try to relieve their symptoms exclusively through massage, passive treatments or temporary relief strategies.

While these approaches may provide short-term relief, they do not always help improve the ability of the cervical muscles and joints to tolerate the demands of everyday life.

👉 **The goal of this guide is to help you progressively improve cervical function through simple exercises that can be performed at home.**

🔹 AN IMPORTANT CONCEPT

When a part of the body is repeatedly exposed to the same demands over long periods of time, it is normal for certain muscles to increase their activity and develop a feeling of tension or fatigue.

For this reason, in addition to attempting to reduce symptoms, it can be helpful to improve the work capacity of the cervical muscles and maintain good neck mobility.

💡 **The goal is not simply to feel better today, but to help your neck better tolerate the activities that may be contributing to your symptoms.**

🔹 HOW TO USE THIS PROGRAMME

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

It is a short physiotherapy guide designed to help improve cervical function and progressively reduce the sensation of tension associated with specific work and postural demands.

Perform all 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 goal of eliminating all sensations.

A slight level of discomfort during some exercises can be normal and may be part of the adaptation process.

❌ Avoid significant increases in pain 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 FLEXION AGAINST RESISTANCE

https://youtube.com/shorts/jRvyzFr87g8





Position

Sit comfortably.

Place a small resistance band around your forehead or use your hands to provide gentle resistance.

Execution

Perform a slight neck flexion by gently pushing your forehead forward while the resistance opposes the movement.

Hold the contraction for approximately **5 seconds**.

Sets

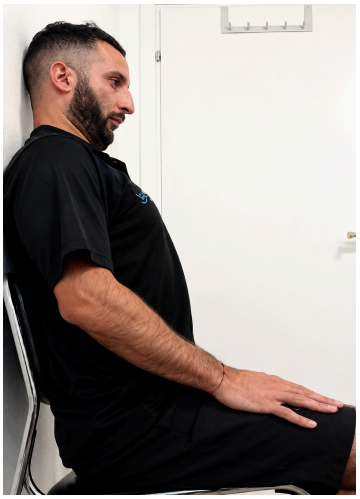
2–3 sets of 8–12 repetitions.

Why is it important?

This exercise helps improve the activation and work capacity of the muscles at the front of the neck, contributing to better tolerance of certain sustained positions and daily activities.

2️⃣UPPER CERVICAL GLIDE 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 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 index finger, 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 area.

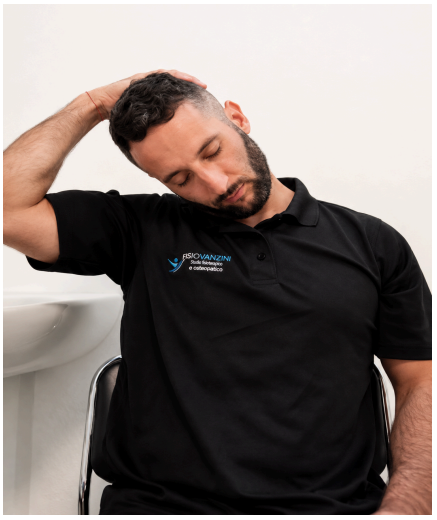
Why is it important?

The combination of pressure and movement may help reduce local sensitivity and improve tissue mobility, contributing to a more comfortable range of motion.

4️⃣ UPPER TRAPEZIUS AND LEVATOR SCAPULAE STRETCH

TRAPEZIUS:





Position

Sit comfortably.

Execution

Gently tilt your head to one side and slightly forward until you feel a mild stretch along the side and back of your neck.

Hold the position for **20–30 seconds**, then relax.

Repeat on the opposite side approximately **6–8 times per side**.

Why is it important?

The upper trapezius and levator scapulae muscles are often involved in feelings of neck tension and stiffness.

Improving flexibility in these muscles may help reduce discomfort and promote more comfortable neck movement during daily activities.

LEVATOR SCAPULAE:

https://youtube.com/shorts/4GJ2MY056_g



Position

Sit comfortably.

Execution

Gently tilt your head to one side, slightly forward and add a small rotational component until you feel a mild stretch along the side and back of your neck.

Hold the position for **20–30 seconds**, then relax.

Repeat on the opposite side approximately **6–8 times per side**.

Sets

20–30 seconds, 6–8 repetitions per side.

Why is it important?

The upper trapezius and levator scapulae muscles are often exposed to increased demands during certain work activities and prolonged postural positions.

Maintaining good mobility in these tissues may help improve neck comfort and reduce the sensation of stiffness and tension.

🔹 PRACTICAL TIP 💡

👉 Try to vary your working position whenever possible.

Even small postural changes or brief breaks throughout the day may help reduce the accumulated load placed on the cervical muscles.

🔹 FINAL MESSAGE 💙

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

👉 **You have started actively working to improve the function and mobility 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

💚 Ready to Take the Next Step with PhysioCareHub?

If you've started with these free exercises and want to continue improving neck mobility, strength, and cervical control, we've created a 4-Week Advanced Program featuring progressive exercises, photographs, and demonstration videos.

Especially suited to people who spend long hours standing, work with their arms raised, or frequently look upward.

👉 Explore the 4-Week Advanced Program:
https://physiocarehub.eu/4-week-advanced-program-for-neck-pain-and-stiffness/

🔹 SUPPORT 📩

📧 support@physiocarehub.eu

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

I am here to help.

Antonio

PhysioCareHub

