

# 9 Tips for a Sore and Painful Neck

1. Movement but DO NOT push it, only pain free
2. Heat in this area, even if it is immediately after injury
3. Try these quick fixes:



While lying on your back, tuck your chin towards your chest and press the back of your head into the table. Maintain contact for 10 seconds, then rest 10 seconds. Perform 10 reps twice per day.



With your arms crossed hold the towel firmly to your chest and the other hand has the towel pressed against your cheekbone. Pull the towel across your cheekbone with the towel doing the work and your neck feeling the stretch.



Perform 10 reps to each side twice per day. Lying on your back, look to the right with your eyes and turn your head to the right. Perform 15 repetitions 3 times a day and repeat on both sides. Should be pain free.

4. Avoid aggravating activities if possible ie reaching overhead and looking over shoulder
5. Take it slow, avoid quick sudden movements
6. Probably not a serious injury, do not overreact
7. BUT if you have numbness or tingling in your face, hit your head and feel nauseous or light headed, **contact us.**  
[conciergepttx.weebly.com/contact](http://conciergepttx.weebly.com/contact)
8. If pain persists for 2 weeks and you cannot look over BOTH your shoulders pain free and

reach BOTH your arms overhead and behind  
back pain free, we can help!

9. If you can perform above pain free, you  
should be good to resume normal activities

If the pain returns or doesn't go away we can  
help!

Set up a FREE phone consultation

100% no risk money back guarantee on  
evaluation

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