

BodyReliefHub

Neck & Shoulder Tension Relief Guide

A gentle, effective routine to release tight neck and shoulder muscles caused by stress, posture, and screen time.

How to Use This Guide

Move slowly and stay within a comfortable range. These techniques can be used once or twice daily, especially after desk work or stressful days.

Neck & Shoulder Relief Routine

Shoulder Rolls

Slowly roll shoulders up, back, and down. Reverse direction after each set.

■ 10 reps each direction

Neck Side Stretch

Gently tilt ear toward shoulder. Keep shoulders relaxed and breathing steady.

■ 20–30 sec each side

Upper Trapezius Release

Sit tall, gently guide head diagonally forward with hand for a deeper stretch.

■ 20 sec each side

Shoulder Blade Squeeze

Gently squeeze shoulder blades together, then relax fully.

■ 10–12 reps

Neck Rotation

Slowly turn head left and right within a comfortable range.

■ 8–10 reps

Habits That Reduce Tension

Screen height check

Keep screens at eye level to avoid forward head posture.

■ Daily habit

Regular posture breaks

Stand, move, and reset posture every 30–60 minutes.

■ Throughout the day

Breathing reset

Slow nasal breathing helps reduce stress-driven muscle tension.

■ 2–3 minutes

Daily Tip

Neck and shoulder tension often reflects stress. Relaxed breathing and frequent movement are just as important as stretching.

Medical Disclaimer: This guide is for educational purposes only and does not replace professional medical advice.