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PAIN RELIEF

Neck Pain Relief Guide

Move Freely Again

Evidence-based strategies for reducing and preventing neck pain.

A free patient education guide from our doctors
(630) 289-2225 · freedomwellness.llc · Hoffman Estates, IL

Welcome

Neck pain is one of the most common reasons people seek care, and one of the most frustrating. It can make it hard to drive, sleep, focus at work, or even turn to talk to someone.

Whether your neck pain started after a long week at the computer, a bad night's sleep, or an injury, this guide will help you understand what is happening and what you can do about it.

Common Causes of Neck Pain

- Prolonged forward-head posture from screens and phones
- Muscle strain from sleeping in an awkward position
- Joint restrictions in the cervical or upper thoracic spine
- Whiplash and other injuries
- Stress, which tightens the upper trapezius and neck muscles
- Age-related wear on discs and joints

Signs You Should Not Ignore

Most neck pain is mechanical and responds well to conservative care. Seek prompt medical attention if your neck pain comes with any of the following:

- Pain after significant trauma such as a fall or car accident
- Progressive weakness, numbness, or loss of coordination in the arms or legs
- Fever, unexplained weight loss, or severe headache
- Sudden severe pain unlike anything you have felt before
- Dizziness, difficulty speaking, or vision changes

What Research Supports

Clinical guidelines for mechanical neck pain generally recommend staying active, targeted exercise, and manual therapy such as spinal manipulation or mobilization, often in combination. Exercise focused on the deep neck flexors and upper back muscles is one of the most consistently supported strategies for long-term improvement.

That is why our approach combines in-office care with simple exercises you can do at home.

How We Approach Neck Pain

- A thorough exam to identify the source of your pain
- Gentle cervical and thoracic adjustments or mobilization
- Soft tissue work for tight muscles
- Home exercises for strength and mobility
- Posture and workstation coaching
- Sleep position and pillow recommendations

At-Home Relief Strategies

- **Keep moving:** gentle range of motion is usually better than holding still
- **Heat or ice:** heat for muscle tightness, ice for a fresh strain (15 to 20 minutes)
- **Chin tucks:** 10 repetitions several times a day
- **Pillow check:** your pillow should keep your neck level with your body
- **Screen height:** raise devices to eye level instead of looking down
- **Breathe:** slow belly breathing relaxes shoulder and neck muscles

The Tech Neck Problem

Looking down at your phone dramatically increases the load on your neck. Bring your phone up to your eyes rather than bringing your eyes down to your phone.

Neck-Friendly Daily Habits

- ☐ Screen raised to eye level
- ☐ Chin tucks three times a day
- ☐ Pillow supports neutral alignment
- ☐ No stomach sleeping
- ☐ Headset for long calls
- ☐ Shoulder rolls during breaks

Common Questions

What is the best sleeping position for neck pain?

Back or side sleeping with a pillow that keeps your head level. Stomach sleeping twists the neck.

Is neck adjusting safe?

For most people, yes. We screen carefully and offer gentle low-force options when appropriate.

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YOUR NEXT STEP

Let's get you feeling your best again.

Do not let neck pain run your day. Call (630) 289-2225 or book at freedomwellness.llc/book.

Book Now: (630) 289-2225

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