

Desk Exercises to Relieve Stiff Neck

Desk Exercises to Relieve Stiff Neck in Phoenix, AZ

Many people work at a desk for their jobs; as such, we have seen a dramatic rise in the resultant neck stiffness. Working long hours at a desk can lead to severe stiffness and pain as the result of stressing your muscles for extended periods of time. Many factors play a role in causing this discomfort. Poor posture is a primary cause of neck stiffness, and can be corrected with a range of activities and exercises. If you take special precautions to avoid bad posture, you'll see a dramatic reduction in stiffness. Here at Banner CORE Center for Orthopedics in Phoenix, AZ, we suggest a few desk exercises you can perform daily in order to strengthen and stretch your neck. These movements will improve your neck muscles overall, giving them more strength to support you throughout the day.

How desk exercises help

Desk exercises are intended to aid those who spend a lot of time sitting in front of a screen. As many people experience pain and stiffness from sitting and staring for long periods, these stretches can be a tremendous help in reducing or eliminating soreness. Desk exercises are designed to help you stay fit, healthy, and pain-free during your time at work, targeting your neck muscles and your spine, and giving you the ability to stay limber throughout your workday. Whenever you start to feel stiff or as a daily preventive measure, these exercises can dramatically decrease your discomfort. After developing good posture, stretches, and other healthy habits, you should experience relief from sore, tight muscles.

Types of desk exercises

Phoenix, AZ, patients come to Banner CORE Center for Orthopedics seeking—and finding—relief from neck stiffness and pain. Below are some of the desk exercises we recommend to them:

- Spine extension – Practice straightening your spine as tall as possible. This creates space between your vertebrae and encourages a healthy posture. This also prepares your body for further stretching.
- Neck retraction – Tuck your chin and slide your head above your shoulders. This stretches your neck muscles, making them stronger and more flexible.
- Neck and shoulder stretches – Focus on relaxing your neck and shoulder muscles, letting them hang loose. Once your body is completely relaxed, tilt your neck and head to one side; you should be able to feel a nice stretch on the other side of your body. Do this two times on both sides.
- Scapular retraction – Roll your shoulders back and forth to relax them a bit. After that, bring the bottom of your shoulder blades to your lower back, close to the mid of your back. Hold this for several seconds and repeat. This will open your back and provide you with better posture.
- Use of a chair with lumbar support – When you add lumbar support to your seat, you give your spine the structure it needs to better support your head. This extra assistance will greatly decrease the likelihood of a stiff and painful neck.
- Pectoral stretch – Sitting at a desk can often cause your torso to contract. This is unhealthy for your body and may lead to a great deal of stiffness. Step into a doorway and rest your forearm on the wall. Walk a half step up to begin your stretch. Do this on both sides. This will help open your chest and greatly help your spine relax.

Recovery outlook

After a couple weeks of doing these exercises, you should notice a dramatic reduction in neck stiffness. However, if the pain and stiffness continues to linger, it could be the cause of something else. If you're still experiencing stiffness or pain, please consult a medical professional. The team at Banner CORE Center for Orthopedics in Phoenix, AZ, is standing by, ready to provide relief for your troubles. We will diagnose the source of your discomfort and take the appropriate steps to correct it. For more information, contact us online or call today for an appointment.

For neck stiffness relief, call (855) 409-7520 today!