

# 10 Stretches To Relieve Neck Shoulder Pain: The Ultimate Guide to Alleviating Discomfort

Neck and shoulder pain is a common problem that can affect people of all ages. It can be caused by a variety of factors, including poor posture, stress, and repetitive motions. While pain medication can provide temporary relief, it does not address the underlying cause of the pain. Stretching is a more effective way to relieve neck and shoulder pain by improving flexibility and range of motion.



## 10 Stretches to Relieve Neck & Shoulder Pain by Ellen Leigh

★★★★★ 5 out of 5

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In this article, we will discuss the 10 most effective stretches for alleviating neck and shoulder pain. These stretches are safe and easy to do, and they can be done at home or in the office. With regular stretching, you can reduce pain and improve your overall mobility.

## 1. Chin Tucks

Chin tucks are a simple but effective exercise for relieving neck pain. To do a chin tuck, stand up straight with your shoulders relaxed and your head in a neutral position. Gently tuck your chin towards your chest, as if you are trying to create a double chin. Hold this position for 5-10 seconds, then relax. Repeat 10-15 times.

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**Neck Retraction**  
While lying faceup or sitting down, bring head straight back, keeping your eyes on the horizon. Then return to neutral. Repeat 10 times.

**Head Drop**  
Starting in a seated position, retract neck (as above). Slowly move head up and backward as far as you can comfortably go. Return to neutral. Repeat 10 times. Do this exercise again at the end of each session (so you do it twice each session).

**Side Bend**  
Sit down, bring head into neck-retraction position, then gently guide right ear toward right shoulder with right hand. Stop when you feel a stretch on left side of neck. Return to neutral. Repeat 5 times on each side.

**Rotation**  
While sitting, bring head into neck-retraction position, then gently turn head diagonally to the right so your nose is over your shoulder. Return to neutral. Repeat 5 times in each direction (left and right).

**Flexion**  
Sitting down, bring head into neck-retraction position. Clasp hands behind head and gently guide head down, bringing chin toward chest. Stop when you feel a stretch in the back of your neck. Return to neutral. Repeat 5 times.

**Shoulder Blade Pull**  
While sitting, bend elbows at 90-degree angles. Relax shoulders and neck. Keeping arms and neck still, squeeze the muscles between shoulder blades, drawing shoulder blades closer together. Return to neutral. Repeat 5 times.

## 2. Neck Rotations

Neck rotations are a good way to improve the range of motion in your neck. To do a neck rotation, sit up straight with your shoulders relaxed. Slowly rotate your head to the right, then to the left. Hold each position for 5-10 seconds, then relax. Repeat 10-15 times in each direction.

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### Shoulder Blade Pull

While sitting, bend elbows at 90-degree angles. Relax shoulders and neck. Keeping arms and neck still, squeeze the muscles between shoulder blades, drawing shoulder blades closer together. Return to neutral. Repeat 5 times.

## 3. Shoulder Rolls

Shoulder rolls are a good way to relieve tension in your shoulders. To do a shoulder roll, stand up straight with your shoulders relaxed. Slowly roll your shoulders forward in a circular motion, then reverse the direction and roll your shoulders backward. Repeat 10-15 times in each direction.

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### Shoulder Blade Pull

While sitting, bend tilted arms at 90-degree angles. Relax shoulders and neck. Keeping arms and neck still, squeeze the muscles between shoulder blades, drawing shoulder blades closer together. Return to neutral. Repeat 5 times.


## 4. Arm Circles

Arm circles are a good way to improve the flexibility of your shoulders and upper body. To do an arm circle, stand up straight with your feet shoulder-width apart. Raise your arms to the sides, then slowly circle them forward in a clockwise direction. After 10-15 circles, reverse the direction and circle your arms backward. Repeat 10-15 times in each direction.


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**Shoulder Blade Pull**  
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## 5. Shoulder Shrugs

Shoulder shrugs are a good way to strengthen the muscles in your shoulders and upper back. To do a shoulder shrug, stand up straight with your feet shoulder-width apart. Slowly shrug your shoulders up to your ears, then slowly lower them back down. Repeat 10-15 times.

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## 6. Neck Stretches

Neck stretches are a good way to improve the flexibility of your neck muscles. To do a neck stretch, sit up straight with your shoulders relaxed. Place your right hand on the top of your head and gently pull your head to the right. Hold this position for 5-10 seconds, then relax. Repeat on the other side.

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**Shoulder Blade Pull**  
While sitting, bend elbows at 90-degree angles. Relax shoulders and neck. Keeping arms and neck still, squeeze the muscles between shoulder blades, drawing shoulder blades closer together. Return to neutral. Repeat 5 times.

## 7. Shoulder Stretches

Shoulder stretches are a good way to improve the flexibility of your shoulder muscles. To do a shoulder stretch, stand up straight with your feet shoulder-width apart. Reach your right arm across your body and grab your left elbow with your right hand. Gently pull your left elbow across your body until you feel a stretch in your right shoulder. Hold this position for 5-10 seconds, then relax. Repeat on the other side.

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## 8. Upper Trapezius Stretches



Upper trapezius stretches are a good way to relieve tension in your upper trapezius muscles. To do an upper trapezius stretch, sit up straight with your shoulders relaxed. Place your right hand on the top of your head and gently pull your head to the right. Then, reach your left arm up overhead and grab your right elbow with your left hand. Gently pull your right elbow towards your head until you feel a stretch in your upper trapezius muscle. Hold this position for 5-10 seconds, then relax. Repeat on the other side.

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### Head Drop

Starting in a seated position, retract neck (see above). Slowly move head up and backward as far as you can comfortably go. Return to neutral. Repeat 10 times. Do this exercise again at the end of each session (so you do it twice each session).



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### Flexion

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### Shoulder Blade Pull

While sitting, bend pulled arms at 90-degree angles. Relax shoulders and neck. Keeping arms and neck still, squeeze the muscles between shoulder blades, drawing shoulder blades closer together. Return to neutral. Repeat 5 times.

## 9. Levator Scapulae Stretches

Levator scapulae stretches are a good way to relieve tension in your levator scapulae muscles. To do a levator scapulae stretch, sit up straight with your shoulders relaxed. Place your right hand on the top of your head and gently pull your head to the right. Then, reach your left arm up overhead and place your left hand on the back of your head. Gently pull your head to the left until you feel a stretch in your levator scapulae muscle. Hold this position for



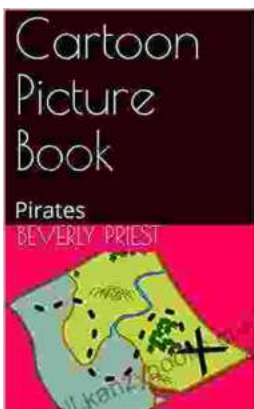
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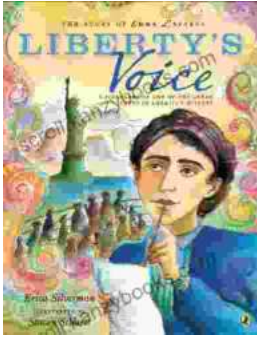
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