Have you been spending more time on your laptop? Watching TV and Movies? The few people I have seen in the office and most of the virtual patients that I have had complained of tension in their neck, from what they believe, spending a lot more time on their couch. Whether this is actually true for you or not, in general when there are times of stress there is increased tension in your neck.

Let’s focus on the fact that there are also physical stresses that cause neck tension, and sitting on your couch or lying in bed with your head propped forward is one of them. So First, STOP IT! Stop spending so much time with your head in a forward-leaning position. I don’t think that you’re going to have perfect posture every second of your life but if you have been feeling the tension in your neck, traps, shoulders, or even headaches then at least you can work on minimizing the physical stress on your neck that comes with poor ergonomics. Sit up more often, and stretch and exercise to combat the negative effects of sitting too much.

If that tension has already set in then I usually would recommend coming into the office and get adjusted. I still recommend that but I also understand that staying at home is slowing the progression of coronavirus. If you or someone that you live with is sick or is concerned about their immune system, just stay home for now. If you want a few things to work on at home to reduce the tension in your neck here’s my recommendation. Work on the FRONT of your neck!

Yes, if you are feeling tension you most likely feel it in the back of your neck or your upper trapezius muscles or at the base of your skull. It doesn’t hurt to rub those muscles but if you want to address the cause of your discomfort most of the time it’s best to address the muscles in the front of your neck.

Here’s what to do:

* Think of a line that runs from the middle of your earlobe down to the first bone you feel, usually your collarbone. Slowly run a finger from your earlobe down to that bone. Dis you feel a tender point? If not move your finger forward a bit and run down your neck again. Do this on both sides of your neck.
* If you felt a tender point, simply massage it for 30 seconds. You can use one finger, a few fingers, or even use a light pinching type of massage to rub the area that is sore.
* The goal is not to get the soreness to go away, the goal is to bring some life back to the area. Most likely what you are feeling is tension in your muscle. Tension decreases movement. Movement is life. So if you gently massage the area of tension you are encouraging less tension, more blood flow, more movement and freedom, and more life.
* It’s really difficult to hurt yourself as long as you don’t spend too much time in any one spot and don’t push so hard that is causes pain pain. Yes I wrote that twice. Massage pain is “good pain” you know it hurts but innately it feels good. If you feel pain pain, or if you aren’t sure, reach out to me for help.

Stay healthy out there!

Jason Piken DC, CNS

119 West 57th street suite 712

New York NY 10019

212-581-9079

[drjasonpiken.com](http://drjasonpiken.com)

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