



Move To Feel Good



TIPS FOR YOUR NECK & SHOULDERS



Neck and shoulder pain can have a multitude of causes. But small adjustments – to your posture, your workspace, or your routine – may lead to big relief. Connect with resources provided below by clicking the text highlighted in [blue](#).*



Causes of Neck and Shoulder Pain

Neck and shoulder pain can be relatively common, often resulting from a strain or sprain. Pain can range from mild to severe.

Common [Causes](#) of Neck Pain:

- Muscle strain
- Trauma
- Poor posture
- Bone or joint abnormalities
- Degenerative disease
- Tumors



Common [Causes](#) of Shoulder Pain:

- Strains from overexertion
- Tendonitis from overuse
- Shoulder joint instability
- Dislocation
- Collar or upper arm bone fractures
- Frozen shoulder
- Pinched nerves



You Should See a Medical Provider When...

- Your range of motion is limited.
- You're in significant pain.
- You believe you're having a medical emergency.
- Your pain persists, worsens, or returns after getting better.



Ergonomic Tips

For Your Neck

- Improve your posture. When you sit, use a chair with a straight back. Make sure your buttocks go all the way to the chair's back. When you stand, pull in your chin and stomach.**
- Adjust your desk height so that when you type your arms are parallel with the floor.
- Position your computer or laptop so that your gaze falls on the top third of the screen.



For Your Shoulders

Practice good posture: Stand up straight. Don't let your shoulders slump, your head droop, or your lower back slouch.

**Adapted from the American Institute for Preventive Medicine, HealthyLearn®.

Ways to Alleviate Neck and Shoulder Pain

- Use a cervical (neck) pillow or a rolled hand towel under your neck.
- Do physical therapy.
- Give yourself a trigger point massage with a [Thera Cane®](#) therapeutic massager that enables you to apply pressure to treat muscle dysfunction. It can help you:
 - Eliminate painful knots in your muscles on your own.
 - Easily apply deep pressure massage on hard-to-reach muscle groups.
 - Use precision control to relieve stress and tension without drugs.
 - Recover faster from overexertion with soothing, penetrating muscle massage.
 - Achieve effective pain management independently.

Watch [here](#) to learn a few ways to use the Thera Cane to alleviate neck and shoulder discomfort.

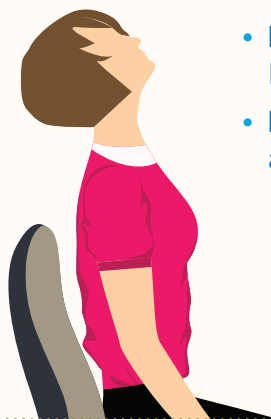
Stretches for Your Neck and Shoulders

Neck

- [Lateral Neck Flexion](#)
- [Neck Flexion and Extension](#)

Shoulders

- [Shoulder Stretch](#)
- [Supine Rotator Cuff](#)
- [Supine Shoulder Flexion](#)
- [Supine Snow Angel](#)
- [Shoulder Stability-Mobility Series](#)
- [Standing Shoulder Extension](#)



Strength Training Exercises for Your Shoulders

- [Lateral Raise](#) with dumbbells
- [Front Raise](#) with dumbbells
- [Shoulder Packing](#)

Tip: If you do not have weights, you can use soup cans or other household items for added weight.



Workshop/Resources:

My Healthy Vermont's free [Chronic Pain Management Workshop](#) provides guidance and support to build strength, increase energy and mobility, and manage ongoing or long-term pain. It also addresses related issues like trouble sleeping or depression.



The information provided is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified medical healthcare professional prior to starting any new program or treatment, or with any questions you may have regarding a medical condition.
*By clicking on the links in this page, you may be directed to third-party sites. These links are provided for informational purposes only.

Questions?

Email BeWell@bcbsvt.com or click [here](#) for more information.



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