

Free
Guide

THE NECK & DESK PAIN RESET

A practical, evidence-informed guide to reducing neck discomfort, restoring movement, and building tolerance for desk work.

By Dr. Mike, Chiropractor



Your neck does not need perfect posture.

It needs movement, variety, strength, and capacity.



Check whether your symptoms need assessment



Identify what is currently difficult



Start a simple reset and strengthening plan

*"Move more.
Sit less rigidly.
Build capacity."
— Dr. Mike*

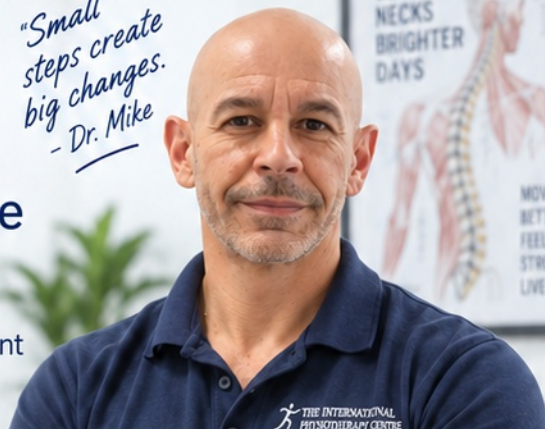


1. START HERE

Quick Safety Check + Your Baseline

Neck discomfort is common, especially with desk work. This page helps you quickly decide whether self-management is appropriate and gives you a simple starting baseline.

*"Small steps create big changes."
- Dr. Mike*



Get assessed urgently if you develop:

- Significant or progressive arm weakness
- Worsening numbness or tingling
- Severe neck pain after major trauma
- Severe headache or unusual neurological symptoms
- Major balance or coordination problems
- Neck pain with fever or feeling systemically unwell



Your baseline

Choose 3 everyday activities affected by your neck pain. Score each from 0 to 10, where 0 = cannot do it normally and 10 = normal ability.

Activity 1

Score 0 1 2 3 4 5 6 7 8 9 10

Activity 2

Score 0 1 2 3 4 5 6 7 8 9 10

Activity 3

Score 0 1 2 3 4 5 6 7 8 9 10

Pain today 0 1 2 3 4 5 6 7 8 9 10



Movement audit

Move gently. You are exploring tolerance, not trying to diagnose the cause.



Turn left + right:

Comfortable / Mildly uncomfortable / Difficult



Look up + down:

Comfortable / Mildly uncomfortable / Difficult



Side bend:

Comfortable / Mildly uncomfortable / Difficult



After 30–60 minutes at your desk:

Fine / Mild discomfort / Moderate discomfort / Much worse



Change position before you stiffen up.

*"The best posture is usually your next posture."
- Dr. Mike*

2. MOVE + RESET

Small consistent steps lead to big changes.

Your simple daily neck movement plan

This short sequence is designed to restore comfortable movement, reduce guarding, and improve tolerance for desk work.



1 Neck Rotation

- ✓ Sit or stand comfortably.
- ✓ Turn slowly to each side.
- ✓ Try 5–8 reps each direction.
- ✓ Smooth motion. Do not force end range.



2 Flexion + Extension

- ✓ Slowly look down, return to neutral, then gently look up.
- ✓ Try 5–8 reps.
- ✓ Explore a comfortable range.



3 Thoracic Extension Over a Chair

- ✓ Sit with your upper back supported against a chair.
- ✓ Gently extend over the chair, then return.
- ✓ Try 6–10 reps.
- ✓ This is about movement variety, not posture correction.



Not every neck likes every exercise.
Use the versions your body tolerates best.

Movement beats rigidity.

3. BUILD + RE-AUDIT

Gradually improve neck and shoulder capacity

*"Progress over perfection."
- Dr. Mike*

A healthy neck should tolerate movement, desk work, and progressive loading. Start gently, move smoothly, and build capacity over time.

Strengthen

- 1 Neck Isometrics**
Gently press into your hand in 4 directions: front, back, left, right.
- 2 Band Row**
Pull the elbows back with control and let the shoulder blades move naturally.
- 3 Optional External Rotation**
Use a light band. Rotate the hands outward, then return with control.

Start with 2-3 sets. Keep the effort manageable.



1. NECK ISOMETRIC
Gently press into your hand.



2. BAND ROW
Pull elbows back with control.



3. EXTERNAL ROTATION
Rotate hands outward.



Gentle effort



More reps



More resistance



More capacity

Traffic light guide



GREEN

- Mild discomfort only
- Symptoms settle quickly
- Continue or gradually progress



YELLOW

- Symptoms clearly increase
- Desk work feels harder
- Reduce load, range, or reps



RED

- New weakness or significant numbness
- Balance or coordination changes
- Seek assessment

Re-audit in 7-14 days



- 1** What can you do now that you could not do before?
- 2** Re-score your 3 activities and your pain level.
- 3** Progress may mean longer desk tolerance, easier driving, or better function.



Need help?

Book an individual assessment with Dr. Mike.

*A stronger neck.
A less guarded workday.*