

BACK & NECK PAIN



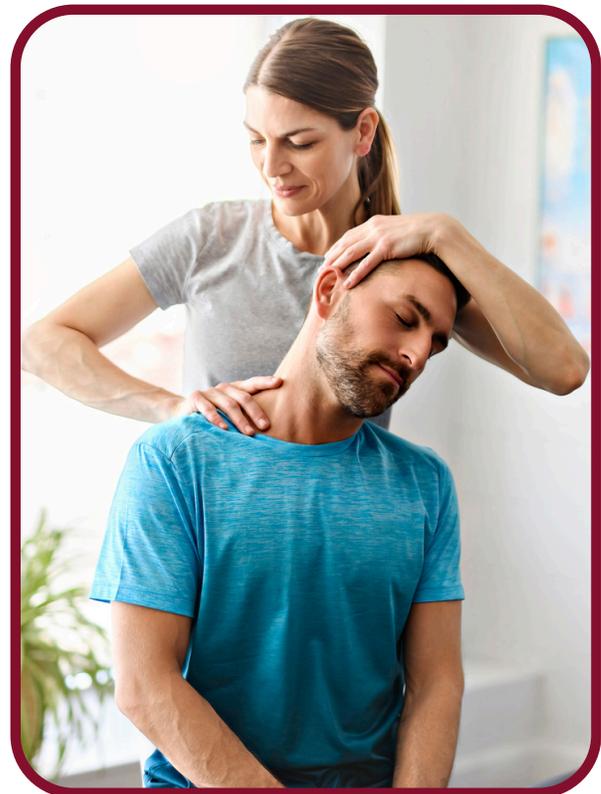


5 Natural Ways to Stop Back & Neck Pain

Back and neck pain can appear suddenly—or linger for years. Whether it comes from sitting too long, lifting something the wrong way, stress, or old injuries, one thing is true: you don't have to live with it.

At HealthQuest Physical Therapy, we help people of all ages move, feel, and live better using natural, hands-on, proven strategies. This mini eBook gives you five simple, highly effective ways to reduce—and often stop—your back and neck pain.

Let's get started.



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Natural Ways to Stop Back & Neck Pain

1 Move Every 30 Minutes

Sitting for long periods places extra pressure on your spine and tightens the muscles that support your back and neck.

Your Quick Fix: - Stand up every 30 minutes - Stretch or walk for 60–90 seconds - Roll your shoulders and gently turn your neck left to right

These micro-movements prevent stiffness and improve circulation.



2 Strengthen Your Core & Upper Back

Weak core and postural muscles force your spine to do more work than it should. Strengthening these areas provides natural support and long-term pain relief.

Try these simple exercises: - **Bird Dog** – builds core stability - **Dead Bug** – supports the lower back - **Rows** – strengthens postural muscles - **Planks** – total core engagement

Start with 5–10 minutes a day.



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Natural Ways to Stop Back & Neck Pain

3 Fix Your Posture

Most back and neck pain is posture-related. When your head shifts forward or your shoulders round, muscles work overtime to hold you upright.

Try this “Proud Posture” checklist: - Ears aligned over shoulders - Shoulders down and slightly back - Chest open - Ribs stacked over hips

Even small posture improvements can greatly reduce pain.



4 Stretch Tight Muscles

Tight muscles pull on the spine and change how you move. Daily stretching keeps your body balanced and mobile.

Key stretches:

NECK:

- Upper trapezius stretch
- Levator scapulae stretch
- Chin tucks

BACK:

- Child’s pose
- Hamstring stretch
- Hip flexor stretch
- Cat-Cow mobility

Hold each 20–30 seconds, repeat 2–3 times

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Natural Ways to Stop Back & Neck Pain

5 Use Heat or Ice the Right Way

Knowing when to use heat vs. ice can quickly calm pain and help your tissues recover.

USE HEAT FOR:

- Muscle tightness
- Stiffness
- Chronic or lingering pain

Apply for 10–15 minutes.



USE ICE FOR:

- New or sharp pain
- Swelling
- Recent flare-ups

Apply for 10–12 minutes.



Using the right method at the right time prevents further irritation.

When to Seek Physical Therapy

If pain: - Lasts more than a week - Radiates into your arms or legs - Causes numbness or tingling - Interferes with sleep or daily life
...it's time to see a professional.



Why Health Quest Works

With 40+ locations, we help all ages and all conditions.



Our therapists: - Identify the true cause of your pain - Provide hands-on treatment - Teach corrective exercises - Create personalized recovery plans - Help prevent future flare-ups

You don't have to manage this alone. Start with a free assessment and let our experts guide you toward a healthier, pain-free life.

 (855) 477-8463

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