

Move better. Feel better!

Learn the common causes of neck pain and how to prevent it.



Common causes of neck pain:

- Aging and degenerative conditions (osteoarthritis, spinal stenosis, herniated disk, etc.)
- Injury
- Mental stress
- Physical strain (repetitive actions or strenuous activities)
- Conditions that affect spinal balance (poor posture, etc.)

Prevention exercises for neck injury

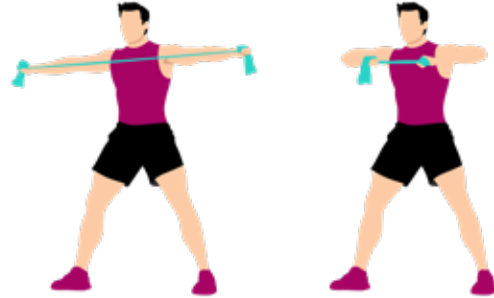
Foam rolling

Slowly roll for 30 to 90 seconds for each soft tissue area



Thoracic spine

Activation

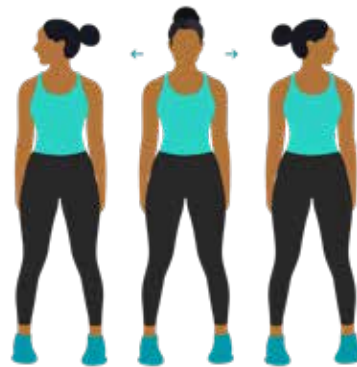


Band pull aparts

Stretches



Upper trapezius stretch



Neck rotations

Please consult with your doctor before starting any exercise routine.

Keep up the good work with free health coaching!

As a Moda Health member, you have access to free, confidential health coaching to help support you and your health goals. To learn more, visit our website or email healthcoachteam@modahealth.com.

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