

*The companion
routine —*

10 MIN

The Daily Neck Reset.

Ten gentle, evidence-based drills. No kit. No floor space. No gym clothes. Short enough to do between two songs — long enough to change how tomorrow feels.

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- Chin-tucks that reset 8 hours of screen time
 - A weekly schedule engineered to actually stick
 - Can be done in bed, on a break, or at your desk

How to run *this routine.*



Ten exercises. Roughly one minute each. Done in order, the routine takes 10–12 minutes including transitions. Done daily, it changes how your neck feels in 2–3 weeks.

The three rules

01 Move slowly. Always.

Every movement in this guide should take 4–6 seconds. Fast stretching activates protective muscle tightening — the opposite of what you want. Slow wins.

02 Stop at "stretch" — never at "pain."

A good stretch is a 4-out-of-10 sensation. Sharp, electrical, or pinching pain is a stop signal. Always. Back off to the last comfortable position and breathe.

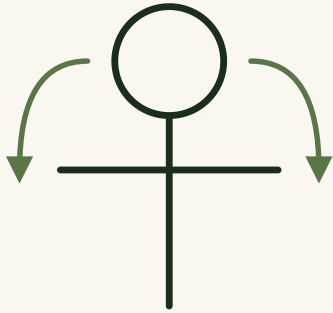
03 Breathe through every rep.

Holding your breath tightens the very muscles you're trying to release. Inhale at the start of each movement, exhale into the stretch.

PRO TIP · PRE-WARM THE MUSCLES

Apply heat to the trapezius for 5 minutes before this routine and the stretches go **30–40%**

Mobility & *warm-up.*



1 · Slow Neck Rotations

60 sec**5 each side**

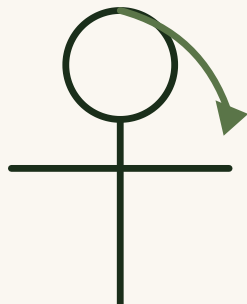
Sit tall, shoulders relaxed. Slowly turn your head to look over your right shoulder as far as comfortable. Hold 3 seconds. Return to centre. Repeat to the left. Five rounds total.



2 · Ear-to-Shoulder Tilt

60 sec**3 each side · 10s hold**

Slowly drop your right ear toward your right shoulder. Don't lift the shoulder to meet it. Feel the stretch along the left side of your neck. Hold 10 seconds, repeat opposite side.

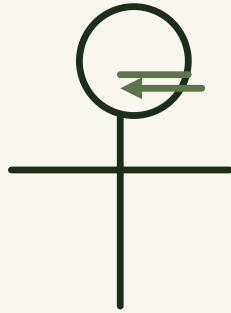


3 · Look-Up Stretch

60 sec**5 reps · 5s hold**

Slowly tilt your head back to look at the ceiling. Stop when you feel a comfortable stretch at the front of your throat. Hold 5 seconds. Return to neutral. Repeat 5 times.

Strength & *alignment.*

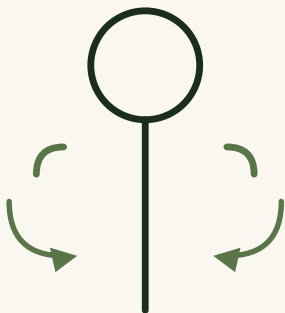


4 · Chin Tucks

60 sec

10 reps · 5s hold

Sit tall. Without tilting your chin down, gently glide your head straight back as if making a double chin. Hold 5 seconds. The deep neck flexors will burn slightly — that's the goal. Release and repeat.

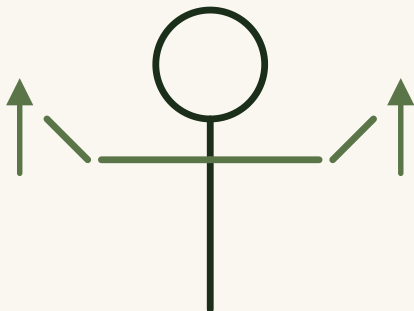


5 · Shoulder Rolls

60 sec

10 back · 10 forward

Lift both shoulders up toward your ears, roll them backward, then down. Make the circles big and slow. Ten backward rolls, then ten forward. Releases the trapezius and upper-back tension.



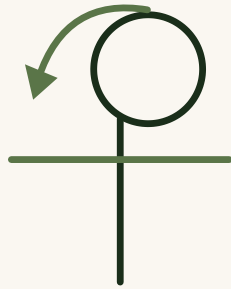
6 · Wall Angels

60 sec

8 slow reps

Stand with back, head and arms flat against a wall. Slide arms slowly upward into a "Y" shape, then back down to "W". Eight slow reps. Resets the upper back posture that drives forward-head pain.

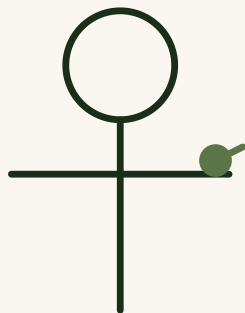
Deep release.



7 • Diagonal Neck Stretch

90 sec**15s hold each side • 3 rounds**

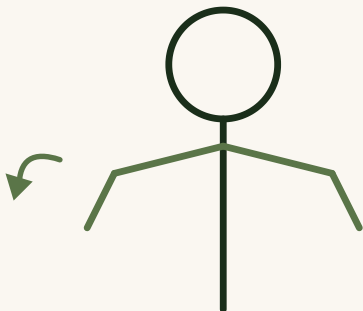
Tilt your head down and to the right at 45° (looking toward your right armpit). Place your right hand gently on your head — don't pull, just add weight. Targets the upper trapezius, the most common pain site.



8 • Trigger-Point Pressure

60 sec**30s each side**

With your opposite hand, press your thumb into the tightest knot in your trapezius (halfway between neck and shoulder). Hold steady pressure for 30 seconds until it softens. Repeat opposite side. A massage device or tennis ball against a wall works too.

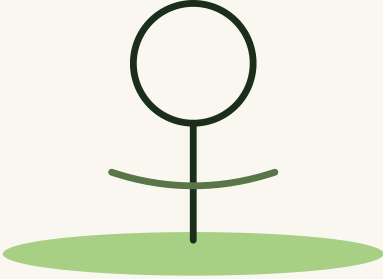


9 • Chest Doorway Opener

60 sec**30s each side**

Stand in a doorway. Place your right forearm flat against the frame, elbow at shoulder height. Step forward gently with your right foot until you feel a stretch across the chest. The opposite of forward-head posture.

Finish *strong.*



Recovery position

10 · Heat & Stillness

2–15 min Daily

Lie back, close your eyes, and apply heat to the back of the neck and trapezius. Combine with a massage device for deepest effect. This is where the day's tension actually *leaves* the body — don't skip it.

Your weekly schedule

Daily is the goal. Missing a day isn't failure. Aim for 5/7 to start, build to 7/7 over a month.

	M	T	W	T	F	S	S
Morning 4 min	✓	✓	✓	✓	✓	✓	✓
Midday 3 min	✓	✓	✓	✓	✓	—	—
Evening 5 min	✓	✓	✓	✓	✓	✓	✓
Long reset 15 min	—	—	—	—	—	—	✓

A small habit, a big difference

Make tonight *your first session.*

Exercise number 10 — heat and stillness with your Neck.Buddy — is where most people fall off. Don't let it be you. Set it up on the sofa tonight, switch it on, breathe out, and notice what fifteen minutes can actually do.

Tips from people who use theirs daily

- ✓ Pair it with something you already do — TV, podcasts, your skincare routine
- ✓ Keep it on the sofa or bedside table, not in a drawer — visible = used
- ✓ Do the first three exercises in this guide *while* the heat warms you up
- ✓ If you only have time for one thing, choose Exercise 10 — the highest-leverage move in the routine
- ✓ Don't chase the perfect 7/7 week — aim for 5/7 and you'll get 80% of the benefit

What to expect by week

Week 1

You'll notice tightness you didn't know was there. That's the routine finding it — not creating it.

Week 2

Range of motion improves. Reversing the car, glancing at the second monitor — small things feel easier.

Week 4

Mornings are different. Less stiffness. Fewer tension headaches. The routine starts running itself.

QUESTIONS ABOUT YOUR DEVICE?

Email support@neckbuddy.com any time. Real humans, fast replies.

Fifteen minutes a day. That's it.

— THE NECK.BUDDY TEAM