

Release the tension

Many of us suffer with a tense neck and shoulders when we experience stress. If not released, this can lead to ongoing neck and shoulder pain. The following exercises are two simple ways to release the tension in your shoulders and neck.

Please be careful when stretching your shoulders. These exercises are meant to be relaxing and stress-relieving, there is no need to push yourself unnecessarily. For both these exercises, stop at the point of tightness.

Lean in

Find a doorframe in your house that has no obstacles surrounding it and the door securely open. For this exercise, you are going to lean in through the doorway to release tension in the deltoid muscle on the front of the shoulder. This exercise has the added benefit of opening up the chest muscles too.

Place your hands flat either side of the door frame, so that your arms are at a right angle at shoulder height. Stand with your feet and legs together.



Bend your arms at the elbow and lean in through the doorway, keeping your feet on the floor and putting your weight on your hands. You should feel the front of your shoulders and your chest opening up. Stop at the point of tightness and hold the stretch for 30 seconds. Release and then repeat four times.

Scalene stretch

Sit upright on a chair with your left hand positioned under your left buttock. Tilt your head towards your right armpit and when you feel the stretch down the left side of your neck and left shoulder blade, hold your head there (using your right hand if you need to) for 30 seconds. Slowly raise your head back up and rest for a few seconds before repeating four more times. Then repeat on the other side.

