

## 20 Effective Tech Neck Exercises (+ Free Printable Checklist)

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In this post, you will find 20 tech neck exercises and how to fix and/or prevent tech neck and neck pain. If you have ever spent hours scrolling on your phone or hunching over a laptop then you may have tech neck.

Tech neck is a real thing, and luckily, it's totally fixable with a few simple habits, stretching, and some helpful exercises!



### What Is Tech Neck?

If you don't know what tech neck is, we will discuss it a bit first. Tech neck is that uncomfortable pain or stiffness you feel in your neck, upper back, or [shoulders](#) after spending too much time looking down at screens.

It can happen from using your phone, tablet, laptop, or even gaming for long periods without good posture.

When your head tilts forward for too long, it puts extra pressure on your neck muscles and spine. Your head might not feel that heavy, but when it's tilted forward, it can add up to 60 pounds of strain on your neck!

Isn't that crazy to learn?? That's like carrying a huge backpack on your neck all day. No wonder our neck gets so dang sore!

### What Causes Tech Neck?

Below, you will find some common reasons why people get tech neck.

- \* Looking down at phones or tablets for long periods
- \* Sitting at a desk or computer with poor posture
- \* Slouching on the couch while using electronics
- \* Not taking breaks or stretching throughout the day
- \* Sleeping with your head in a weird position

### What Causes Tech Neck?



Basically, if you're bending your neck forward often and for too long, you're inviting tech neck to crash your day. With me being a blogger for over 17+ years, I KNOW all too well about tech neck! ugh!

## How To Prevent Tech Neck?



You don't have to give up your phone or computer, and you certainly don't have to give up being an influencer and earning money online. You just need to do a few things smarter!

### Let's take a look at what you can do to not get tech neck:

- \* Keep your screen at eye level whenever possible. Prop it up with books or use a stand.
- \* Sit up straight with your shoulders relaxed and your back supported.
- \* Take short breaks every 30 to 60 minutes. Stand up, stretch, and walk around.
- \* Use voice-to-text instead of bending down to type.
- \* Try not to look down at your phone in bed. Hold it up at a more neutral angle instead.
- \* Sleep with a supportive pillow that keeps your neck in line with your spine.

Now, if you already have tech neck (*I do!*), the good news is that you can fix it with regular stretching and strengthening exercises.

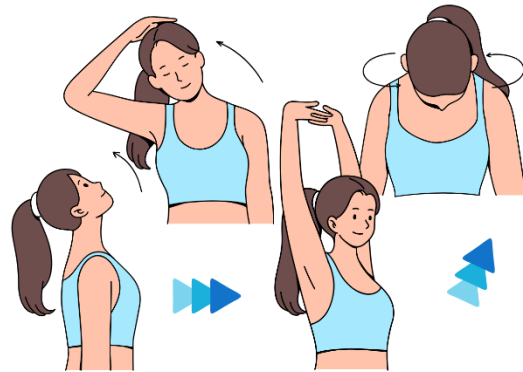
## Exercises To Prevent Or Help Tech Neck

### 20 Best Tech Neck Exercises

These 20 best exercises help loosen [tight neck muscles](#), strengthen weak neck muscles, and improve your posture so your neck can start feeling better.

Do these daily if you're feeling stiff or sore. All of them are simple and can be done at home with no fancy equipment.

Also, below, you will also find helpful free tech neck exercises you can download in PDF. So be sure to grab and download that so you can pin it to your wall in front of your laptop or workstation so you remember to do these daily!



#### 1. Chin Tucks

Tuck your chin slightly and gently pull your head back like you're trying to give yourself a double chin. Hold for 5 seconds and repeat 10 times.

#### 2. Shoulder Rolls

Roll your shoulders up, back, and down in slow circles. Do this 10 times forward and 10 times backward.

#### 3. Neck Tilts

Gently tilt your head to one side, bringing your ear toward your shoulder. Hold for 20 seconds, then switch sides.

#### 4. Neck Rotations

Turn your head slowly from left to right as far as it can go without pain. Hold each side for a few seconds and repeat 10 times.

#### 5. Wall Angels

Stand with your back against a wall and slowly raise your arms up and down like you're making a snow angel. Try to keep your back and hands touching the wall.

## **6. Cat Cow Stretch**

Get on all fours, arch your back up like a cat, then drop your belly and lift your head like a cow. Do this 10 to 15 times.

## **7. Chest Stretch**

Stand in a doorway, put your arms on the sides, and gently lean forward to stretch your chest.

## **8. Upper Trap Stretch**

Sit on one hand and use the other to gently pull your head to the opposite side for a deeper neck stretch.

## **9. Scapular Squeezes**

Sit or stand tall, squeeze your shoulder blades together, hold for 5 seconds, then release. Repeat 10 times.

## **10. Levator Scapulae Stretch**

Sit upright, then turn your head about 45 degrees and look down toward your armpit. Use your hand to gently pull your head downward for a stretch.

## **11. Thread the Needle**

Kneel on all fours, slide one arm underneath your body, and twist your torso for a gentle upper back stretch.

## **12. Corner Stretch**

Stand in the corner of a room with your hands on the walls. Lean in to stretch the front of your shoulders and chest.

## **13. Doorway Rows**

Use a resistance band hooked in a doorway to pull back your elbows like a rowing motion. This strengthens your upper back.

## **14. Arm Across Chest Stretch**

Pull one arm across your chest with the other arm for a good shoulder and upper back stretch.

### **15. Forearm Wall Stretch**

Place your palms on a wall at shoulder height with your fingers facing down. Lean in to stretch your forearms and shoulders.

### **16. Pec Minor Stretch**

Lie on a foam roller lengthwise along your spine and let your arms fall out to the sides to stretch your chest.

### **17. Neck Retractions with Resistance**

Use your hand to gently press against your forehead while you push forward with your head, holding for 5 seconds.

### **18. Y Raises**

Lie face down and lift your arms in a Y shape, squeezing your shoulder blades together.

### **19. Chin Nods**

Lie on your back with your knees bent. Nod your head slightly forward like you're saying "yes," and hold for a few seconds.

### **20. Posture Checks**

Throughout the day, stop and check your posture. Sit tall, relax your shoulders, and make sure your ears are above your shoulders.

Tech neck might sound silly, but it's a real problem that can cause a lot of discomfort. The more time we spend on screens, the more important it is to protect our necks and spines with good posture and regular movement. A few stretches a day can make a big difference in how your neck feels and functions.

So whether you're a student doing homework, a gamer locked into your screen, or someone who just loves scrolling through social media, don't forget to give your neck a break. Your body will thank you later.

# 20 TECH NECK EXERCISES



**CHIN TUCKS**



**SHOULDER ROLLS**



**NECK TILTS**



**NECK ROTATIONS**



**UPPER TRAP STRETCH**



**WALL ANGELS**



**CAT COW STRETCH**



**CHEST STRETCH**



**SCAPULAR SQUEEZES**



**LEVATOR SCAPULAE STRETCH**



**THREAD THE NEEDLE**



**CORNER STRETCH**



**DOORWAY ROWS**



**ARM ACROSS CHEST STRETCH**



**FOREARM WALL STRETCH**



**PEC MINOR STRETCH**



**NECK RETRACTIONS W/RESISTANCE**



**Y RAISES**



**POSTURE CHECK**

**TECH NECK IS A REAL THING, AND LUCKILY, IT'S TOTALLY FIXABLE WITH A FEW SIMPLE HABITS AND SOME HELPFUL EXERCISES!**



## TECH NECK EXERCISE *checklist*

	EXERCISE	DONE
01	Chin Tucks	<input type="checkbox"/>
02	Shoulder Rolls	<input type="checkbox"/>
03	Neck Tilts	<input type="checkbox"/>
04	Neck Rotations	<input type="checkbox"/>
05	Wall Angels	<input type="checkbox"/>
06	Cat Cow Stretch	<input type="checkbox"/>
07	Chest Stretch	<input type="checkbox"/>
08	Upper Trap Stretch	<input type="checkbox"/>
09	Levator scapulae stretch	<input type="checkbox"/>
10	Thread the needle	<input type="checkbox"/>
11	Corner stretch	<input type="checkbox"/>
12	Doorway rows	<input type="checkbox"/>
13	Arm across chest stretch	<input type="checkbox"/>
14	Forearm wall stretch	<input type="checkbox"/>
15	Pec minor stretch	<input type="checkbox"/>
16	neck retractions with resistance	<input type="checkbox"/>
17	Y raises	<input type="checkbox"/>
18	Chin nods	<input type="checkbox"/>
19	Posture checks	<input type="checkbox"/>
20	Scapular Squeezes	<input type="checkbox"/>