

# ELIMINATE NECK PAIN NOW

## QUICK & EASY SOLUTIONS FOR LASTING RELIEF

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A SIMPLE GUIDE TO REDUCE TENSION,  
IMPROVE POSTURE, AND FEEL BETTER FAST



DR. PADEN WOLFE



# INTRODUCTION

## **You Don't Have to Live with a Stiff, Achy Neck**

Neck pain is one of the most common issues people face—but it's also one of the most misunderstood. For some, it starts as a subtle tightness after a long day at the computer. For others, it comes on suddenly—waking up with limited motion, sharp pain, or tension that spreads into the shoulders and upper back.

What's worse is how quickly it starts to interfere with your everyday life. Simple tasks like turning your head while driving, looking over your shoulder, exercising, or even relaxing on the couch can become uncomfortable or frustrating. Over time, that pain can lead to fatigue, tension headaches, disrupted sleep, and decreased focus.

Most people assume neck pain is just a natural result of aging, stress, or bad posture—but in reality, it's often the result of a few small habits and imbalances that build up over time. Weak postural muscles, poor sitting alignment, and hours spent looking down at screens gradually place more and more strain on the muscles and joints in your neck.



# INTRODUCTION

The good news? It doesn't take a complete lifestyle overhaul to feel better.

With just a few simple corrections and targeted movements, you can start relieving tension, restoring motion, and preventing flare-ups—without relying on medications, fancy equipment, or complicated routines.

This guide gives you **four powerful, easy-to-follow exercises** designed to:

- Support better posture
- Strengthen the right muscles
- Reduce strain on your neck and shoulders
- Help you feel better during work, workouts, and everyday life

These are the exact strategies we use at Mile High Physical Therapy to help patients feel better fast—and you can start applying them today.

Let's get started. Your relief is closer than you think.

# ABOUT MILE HIGH PHYSICAL THERAPY

## Mile High Physical Therapy: Helping You Find Lasting Neck Pain Relief

Located in the heart of Denver, CO, Mile High Physical Therapy is dedicated to helping people reduce pain, restore posture, and regain confidence in their movement—without relying on medications, injections, or surgery.

Neck pain can be incredibly disruptive. Whether it's tension from long hours at a desk, stiffness while driving, or discomfort that radiates into the shoulders and upper back—it can interfere with everything from your focus to your sleep. **And when stretching and rest stop working, it's time for a deeper solution.**

That's why we take a comprehensive, hands-on approach that focuses on your whole body—not just the symptoms. Through postural corrections, manual therapy, and targeted exercise, we help you address the root cause of neck pain and keep it from coming back.



[www.milehighphysicaltherapy.com](http://www.milehighphysicaltherapy.com)

# ABOUT DR. PADEN WOLFE

## Meet Dr. Paden Wolfe: 30+ Years of Experience in providing Neck Relief

With over three decades of experience, Dr. Paden Wolfe, MSPT, DPT, has helped thousands of patients overcome chronic neck pain, tension, and movement dysfunction.



His expertise in posture, spinal mechanics, and neuromuscular control allows him to create personalized, highly effective plans for long-term relief.

### His approach often includes:

- Postural training and ergonomic education to reduce daily strain
- Manual therapy techniques to improve cervical mobility and reduce muscle tension
- Dry needling for targeted relief of deep muscle tightness
- Movement-based rehab and custom home programs to restore strength and function

If you've tried stretches or pain relief techniques with little success, **Dr. Wolfe's research-backed, whole-body approach** may be the missing link. His goal is to help you feel better, move better, and live free from neck pain—for good.

## WHY NECK PAIN KEEPS COMING BACK—AND HOW TO STOP THE CYCLE

If you've tried stretching, massage, or medication for neck pain, you're not alone. These may bring temporary relief, but they often don't fix the root cause.

Most neck pain comes from poor posture, weak support muscles, and staying in the same position too long—like sitting or looking down at your phone. These habits place ongoing stress on the neck, leading to tension and stiffness that keeps coming back.

Real relief comes from correcting these patterns. By improving posture, building strength, and restoring proper movement, you can break the cycle and feel better for good.

The following exercises are designed to do exactly that. These movements are simple but highly effective. Each one targets a specific piece of the puzzle:

- Posture correction to reduce daily strain
- Neck mobility to ease stiffness
- Shoulder and upper back strength to support alignment

Start slowly, be consistent, and pay attention to how your body responds. These are small changes—but they lead to lasting results. Let's walk through the first step together.

# POSTURAL CORRECTIONS IN SITTING

Posture is one of the biggest contributors to neck pain—especially if you spend long hours sitting at a desk, looking down at a phone, or working on a computer. Forward head posture and rounded shoulders put extra strain on the neck muscles, leading to tightness, stiffness, and pain.

## Why It Helps:

- Reduces pressure on the neck and upper spine
- Encourages proper alignment throughout the day
- Can be implemented immediately with simple awareness

## Try This:

- Sit upright with feet flat and spine tall.
- Gently pull your chin back (like making a double chin) without tilting your head.
- Roll your shoulders back and down, opening the chest.
- Hold this posture for 30–60 seconds, repeat throughout the day.
- Use reminders—like sticky notes or phone alarms—to reset posture regularly.



# CERVICAL RETRACTIONS (CHIN TUCKS)

This movement helps reverse forward head posture by strengthening the deep neck flexors and decompressing the cervical spine. It's one of the most effective ways to relieve neck stiffness caused by poor posture.

## Why It Helps:

- Gently decompresses the neck and upper spine
- Improves head and neck alignment
- Reduces tension in the upper traps and base of the skull

## How to Do It:

- Sit or stand with good posture.
- Without tilting your head, draw your chin straight back—like you're trying to make a double chin.
- Hold for 5 seconds, then relax.
- Repeat 10-30 times, several times a day.

*Pro Tip: Do this while sitting in traffic, at your desk, or standing in line—it's discreet and effective!*





# SHOULDER BLADE SQUEEZES

Poor posture often comes with weak upper back muscles and rounded shoulders—which increases the load on the neck. Strengthening the muscles between the shoulder blades helps pull the shoulders back into alignment and relieves tension on the cervical spine.

## Why It Helps:

- Activates key postural muscles that support the neck
- Reduces forward rounding of the shoulders
- Improves posture and upper body alignment

## How to Do It:

- Sit or stand with good posture.
- Squeeze your shoulder blades together (as if holding a pencil between them).
- Hold for 5–10 seconds, then relax.
- Repeat for 10–12 reps, 2–3 sets per day.



# PRONE ARM RAISES (POSTURAL STRENGTHENING)

This exercise strengthens the deep postural muscles that support your neck, upper back, and shoulders—especially important for people who sit often or spend long hours at a computer.

## Why It Helps:

- Builds strength in the mid-back and shoulder stabilizers
- Reduces upper trap overuse and neck compensation
- Improves shoulder and neck positioning during daily tasks
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## How to Do It:

- Lie face-down on a mat or firm surface with arms extended out to your sides in a “T” position.
- Gently lift your arms off the ground while squeezing your shoulder blades together.
- Keep your head in a neutral position—don’t lift your chin.
- Hold for 3–5 seconds, then lower.
- Repeat 10–12 times for 2–3 sets.

Optional: Try the same motion with arms in a “Y” position to target different fibers.



## FINAL THOUGHTS: NECK RELIEF STARTS WITH BETTER MOVEMENT

Neck pain doesn't have to be something you just live with. While it might seem sudden, it's usually the result of small, repeated habits—like poor posture, prolonged sitting, or weak support muscles—that quietly build tension over time.

**The good news? That also means it can be reversed.**

By improving alignment, strengthening key muscles, and practicing better posture, you can relieve strain and move more freely—without stiffness or discomfort.

The four movements in this guide are designed to help you:

- Undo the effects of forward head posture and screen time
- Build strength where your body needs support the most
- Relieve tension and prevent flare-ups before they start

Even a few minutes a day can make a big difference. The key isn't doing more—it's doing what works, consistently.

Support your neck the right way—and the rest of your body will thank you.

## READY FOR MORE SUPPORT?

If your neck pain keeps coming back—or hasn't gone away despite your efforts—it may be time to look deeper.

At Mile High Physical Therapy, we go beyond symptom relief. We identify the real cause of your pain—whether it's poor posture, muscle imbalances, or repetitive strain—and create a personalized plan to fix it.

Our goal isn't just short-term relief—it's long-term results.

Whether you're dealing with stiffness, radiating pain, or tension-related headaches, we'll help you uncover what's driving the discomfort and how to change it for good.

### **What to Expect from Your Free Discovery Visit:**

- One-on-one movement and strength evaluation with a Doctor of Physical Therapy
- Insight into what's contributing to your neck pain
- Specific recommendations and next steps tailored to your body and lifestyle

You don't have to keep guessing, pushing through the pain, or relying on quick fixes that don't last.

 **[Click here to schedule your FREE Discovery Visit](#)**

Let's work together to restore comfort, improve your posture, and help you move through life pain-free—with confidence.

# Conclusion and Next Steps

Neck pain doesn't have to control your daily life. With the right postural corrections, targeted strengthening, and consistent movement, you can reduce tension, restore mobility, and finally feel like yourself again. Start incorporating these simple steps today—and if you're looking for personalized guidance, we're here to help.

## Take the First Step Toward Lasting Neck Pain Relief



Don't let neck stiffness, tension, or discomfort hold you back from feeling your best. Whether you want to work more comfortably, sleep without pain, or simply move through your day with greater ease, the right approach can make all the difference. And the sooner you begin, the easier it is to make lasting changes.

**BOOK A FREE DISCOVERY VISIT TODAY!**

<https://www.milehighphysicaltherapy.com/discovery-visit/>

*We're here to support you beyond this guide. Visit our website or reach out directly for expert movement assessments, posture training, and personalized care. Let's get you back to moving—and living—without neck pain slowing you down.*



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