

10 TIPS

FOR PROPER NECK POSTURE

1

Keep proper hydration

By maintaining **healthy hydration**, the spongy discs are more likely to remain stable and flaccid. As a result, there is **less strain on the neck**



Significant amounts of fluids act in favor of the **vertebral discs**, which are components of the neck that entail large quantities of liquid.



2

Lift your chest



One of the best exercises to boost your neck posture is dropping your chin to your chest and moving your head side-to-side.



You can perform a back stretch while seated in a slightly slanted manner. The **retractions in the chin**, in turn, makes the neck adjust and avoid any strains.

4

Always use a comfortable and supportive chair



This prevents the neck from drifting towards the back, or even in the wrong posture.

It also ensures that your neck does not bend at the wrong angle, hence preventing it from any strains.

6

Use a supportive pillow



It is advisable to use a cushion that provides a neutral support to the curve of your neck.

5

Sleep on your back or side



A **comfortable pillow** enables you to maintain the proper alignment of your back, hence avoiding an irregular shape of the neck.

It also maintains the proper posture of the neck, preventing it from any strains.



7

Use an eye level computer

For people who use their computers frequently, it is good to ensure that their computer is in **level with their eyes** and forefront to prevent neck strains.

You can set your computer to level with your eyes by ensuring that **you gaze at the middle of its screen** whenever you look at it.



8

Use a headset



Avoid straining one side of your shoulder with a lot of weight as compared to the other. By doing so, the neck experiences little or no stress.



People who like using their phones frequently also tend to experience a lot of neck strains because the devices require you to look downwards as you use them.

It is advisable that you use headsets or earphones to maintain a good posture that does not expose your neck to any strains.

9

Carry loads uniformly

In cases where you have to carry a heavy load, such as a suitcase, you should ensure that you balance its weight accordingly.



10

Observe a supportive posture and relieve the pain



Avoid bad positions that strain your muscles, and exercise right sitting styles that relieve the neck.

Besides, you should also massage your problem areas frequently to soothe the neck and prevent it from further strains.



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