

Pain in the neck?



Here's why it happens



Exercises to ease neck pain

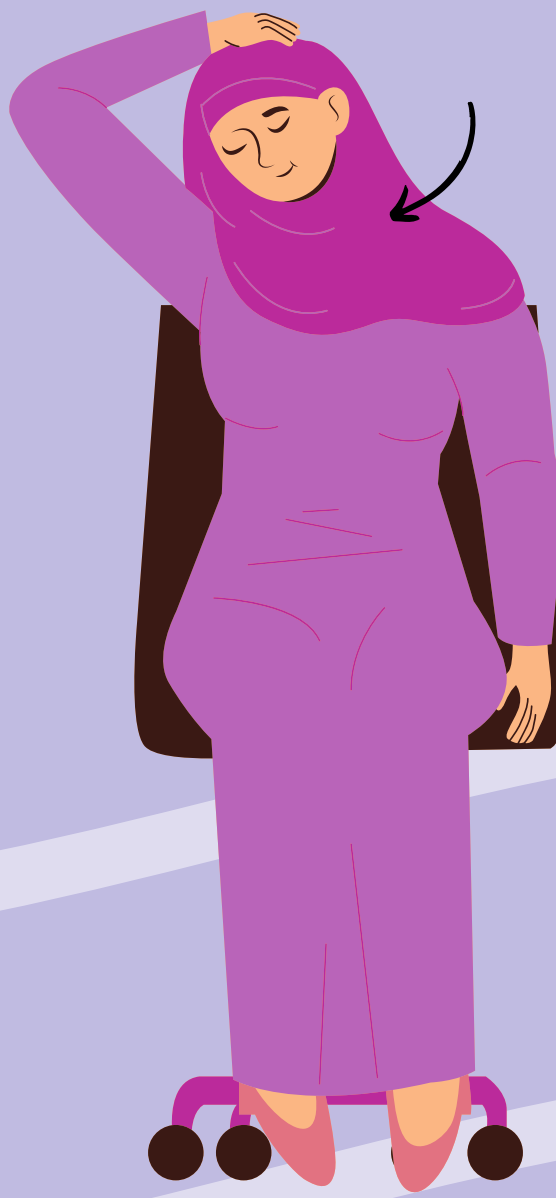
1

Neck roll



2

Upper trap stretch



3

Standing forward fold



Ergonomics tips

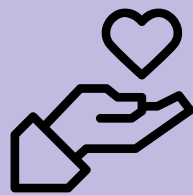


Raise your laptop to eye level

Place your back straight against the chair

Ensure your body is not tilted towards one side

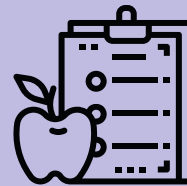
With **Wellbeing on the Web**, you can now avail yoga sessions, webinars, and articles for your employees and help them manage neck aches and achieve overall wellbeing.



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



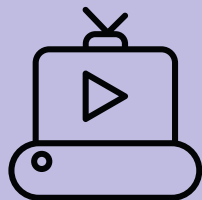
Finance guide



Newsletters



Self-assessments



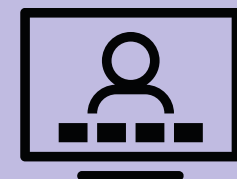
Live classes



Articles



Videos



Webinars

Resources

- <https://www.healthline.com/health/deskercise#3-Yoga-Poses-for-Tech-Neck>
- <https://www.healthline.com/health/fitness-exercise/upper-back-pain-exercises#3>
- <https://www.healthline.com/health/neck-pain#Causes-of-neck-pain>
- <https://www.verywellfit.com/how-to-stretch-your-neck-and-relieve-stress-5496693>
- <https://www.spine-health.com/conditions/neck-pain/workplace-ergonomics-and-neck-pain>