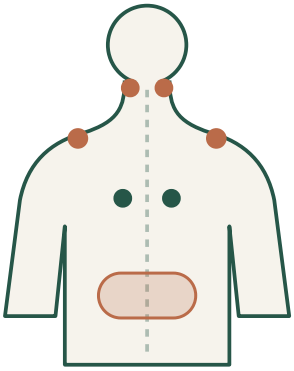
PRACTICAL HANDBOOK · 6 PAGES

7-Minute Neck & Lower Back Relief

A straightforward system for hands-on self-massage and calm lower-spine decompression after a workday at a screen or behind the wheel. No mat, forceful twisting, or pain.



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BEFORE YOU START

Why neck & lower-back tension builds, and how to test yours in 60 seconds

When you spend 6–9 hours looking at a monitor or phone, your head gradually drifts forward. Your suboccipital muscles and upper traps brace like tight cables to hold it up, while your lower spine absorbs the shifted load.

Check 1 · Gentle Head Turn

Sit tall, let your shoulders drop, and turn your head slowly right, then left. Notice whether one side hits a stop sooner or pulls the opposite shoulder up.

Check 2 · Shoulder Drop

Inhale deeply, then exhale and let both shoulders sink down completely. If they drop an inch or more, your upper traps were holding hidden tension all day.

Check 3 · Elbow Draw-Back

Bend both elbows and lightly glide them backward. A tight knot or mild burn between your shoulder blades signals upper-back stiffness from desk slouching.

Check 4 · Seated Pelvic Tilt

On the edge of your chair, gently rock forward and back on your sit bones. A stiff, jerky transition shows lower-back and hip-flexor overload.

Rules for Safe, Gentle Practice

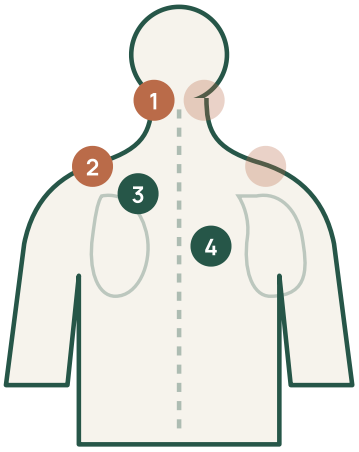
Aim for a warm, comforting sensation around 4–5 out of 10. Never push through sharp pain, dizziness, or tingling.

- Never press directly onto spinal vertebrae
- Time each release with a slow exhale
- Avoid tipping your head far backward
- With acute disc issues or numbness, consult a doctor

HANDS-ON TECHNIQUE

Map of 4 safe neck & shoulder release points

Work each area while seated using warm fingertip pads. Spend 40–60 unhurried seconds per zone.



Work strictly on soft muscle tissue on either side of the central spine line.

1 Suboccipital Hollows

Find the bony ridge at the base of your skull and slide half an inch down into the soft pockets on each side of the neck. Make slow circles with your thumbs for 45 seconds to ease head tension.

2 Upper Trapezius Ridge (Mid-Shoulder)

Reach across with your opposite hand and cup the muscle ridge between neck and shoulder tip. Gently squeeze on an inhale, then slowly soften your grip on a long exhale. Repeat 6 times per side.

3 Top Inner Corner of Shoulder Blade

Drop your shoulder low, tilt your head slightly away, and sink three fingertips of the opposite hand into the dense spot above your shoulder blade. Hold gently for 20 seconds while breathing slowly.

4 Posterior Neck Sweeps

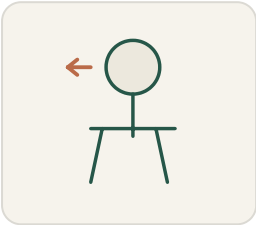
Rest both palms on the back of your neck (never on the throat or spine bones). Use flat fingertips to make 8–10 slow downward sweeps from your hairline out toward your shoulders.

Comfort tip: if your working arm gets tired, prop that elbow on your desk or support it with your free hand.

AT YOUR DESK

3 subtle neck & shoulder moves in your chair

Once tissues soften from self-massage, these three slow motions restore natural neck alignment and let your shoulders settle down.

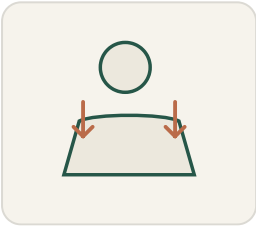


MOVE 1 · 6–8 REPS · 60 SEC

Gentle Chin Glide ("Head Back")

Look straight ahead. Without nodding your chin up or down, glide your entire head smoothly backward as if touching the back of your skull to a wall behind you. Pause 2 seconds on an exhale, then relax.

Common mistake: nodding the chin down toward your chest instead of gliding straight back.

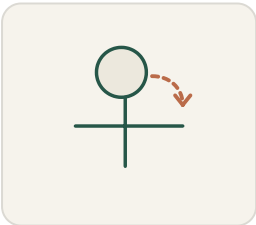


MOVE 2 · 5 CIRCLES · 60 SEC

Heavy Shoulder Drops on a Long Exhale

Circle your shoulders smoothly forward and up as you inhale, then roll them back and let them sink slowly downward over a 5-second exhale. Imagine your arms growing pleasantly heavy as they pull away from your ears.

Common mistake: rushing fast circles without pausing at the lowest relaxed point.



MOVE 3 · 20 SEC PER SIDE

Unsupported Side Neck Lengthening

Hold the edge of your seat with your right hand to keep that shoulder anchored down. Slowly tip your left ear up and to the side without pulling your head with your other hand. Breathe evenly for 20 seconds, then switch sides.

Common mistake: yanking your head sideways with your hand while your shoulder lifts up.

EVENING DECOMPRESSION

3 lower-back releases after sitting or driving

Long hours in a seat compress the lower spine and tighten hip flexors. These three calm moves restore comfort without aggressive twists.

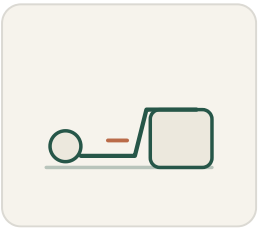


TECHNIQUE 1 · 10 SLOW REPS · 60 SEC

Gentle Pelvic Clocks on Floor or Bed

Lie on your back with knees bent and feet hip-width apart. As you exhale, softly flatten your lower back toward the surface without squeezing your glutes. On the inhale, gently release back to a small natural arch.

Common mistake: lifting your hips high into a bridge instead of making a tiny pelvic roll.

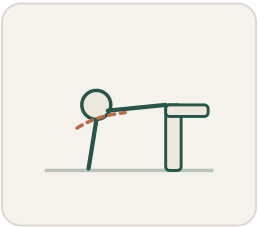


TECHNIQUE 2 · 90 SEC PASSIVE REST

90–90 Couch or Chair Lower-Back Rest

Lie on your back and rest your calves up onto a couch seat or chair so knees and hips form roughly 90-degree angles. Rest your hands over your lower ribs and take 10 slow belly breaths while gravity unloads your spine.

Common mistake: placing a thick pillow under your head that pushes your chin forward.



TECHNIQUE 3 · 30–40 SEC · 2 ROUNDS

Standing Spine Length with Desk Support

Stand a pace away from a sturdy table or counter, rest both palms on the edge, and step slightly back with soft bent knees. Gently reach your hips backward without sagging your belly. Take 5 long breaths, feeling mild length along your back.

Common mistake: locking your knees straight and forcing your chest toward the floor.

EVENING RESET

7-minute sequence to unwind before sleep

Keep this table handy on your phone for your first 3–4 evenings until the sequence feels second nature.

TIME	AREA	WHAT TO DO
0:00 – 1:00	Skull base	Slow thumb circles in the soft suboccipital hollows (Point 1)
1:00 – 2:30	Shoulders & blades	Upper-trap exhale squeezes + 20s hold above each shoulder blade (Points 2–3)
2:30 – 3:30	Neck & collar	6 gentle chin glides back + 5 slow heavy shoulder drops
3:30 – 4:30	Full spine length	Standing desk-supported hip reach with soft knees (5 slow breaths)
4:30 – 5:30	Lower back & pelvis	10 tiny pelvic clocks lying comfortably on your back
5:30 – 7:00	Total settle	90–90 legs-on-couch position + 10 unhurried belly breaths

Ready for relief that lasts all day in 7 calm evenings?

This free guide relieves daily tightness. To work deeper knots with a wall tennis ball, open stiff thoracic posture, and build lasting support without a gym, continue with the **7-Day Anti-Tension Protocol**.

Special reader pricing — **$14** (instead of $39). Short 10-minute routines stay yours for life.

To unlock instant access on WhatsApp, simply reply to your guide message with: **PROTOCOL**