

Your Guide to Lasting Relief from Neck & Low Back Pain



*Stretches, Posture Tips, and
Chiropractic Insights to Help
You Feel and Function Better*

Antignolo Chiropractic | McKinney, TX

Welcome!

Neck and low back pain can disrupt your daily life—but relief is possible. Whether your pain is occasional or constant, this guide is here to help you understand your body, improve your posture, reduce pain naturally, and regain control of your health.

At Antignolo Chiropractic, we believe in treating the root cause—not just the symptoms—so you can feel better, move better, and live better.

Common Causes of Neck & Back Pain

- Poor posture (especially from screens)
- Muscle imbalances
- Spinal misalignments
- Stress & tension
- Injuries or repetitive strain
- Disc issues or nerve compression



Note: Pain is a signal. It's your body's way of telling you something isn't functioning properly.

How Posture Affects Your Spine

- Forward head posture adds up to 60 lbs of stress on the neck.
- Sitting too long tightens hip flexors, weakening glutes and destabilizing the lower back.
- Postural imbalances affect spinal alignment and nerve communication.



**Normal
Cervical Curve**



**Reversed
Cervical Curve**

Quick Tip: Set a timer to check your posture every 30 minutes—head over shoulders, shoulders over hips.

Chiropractic Care Explained

Chiropractic care focuses on restoring proper alignment to the spine, which improves nervous system function, reduces pain, and promotes overall healing.

Benefits:

- Reduces nerve interference
- Improves posture and mobility
- Enhances your body's ability to heal naturally



*When your spine is aligned, your body works better.
Chiropractic isn't just about pain—it's about function.*

Neck Stretches

Try these stretches daily to relieve tension:

1. Chin Tucks:

Sit up tall, gently pull your chin back (like a double chin), hold for 5 seconds. Repeat 10x.

The link takes you to a demonstration:

<https://youtube.com/shorts/8Zhwv5cPUSc?feature=share>

2. Upper Trapezius Stretch:

Tilt your ear toward your shoulder, gently apply pressure with your hand. Hold for 20 seconds. Switch sides.

3. Levator Scapulae Stretch:

Look down at your armpit, then gently pull your head forward/down with your hand. Hold 20 seconds.

Link to video here with 4 stretches and exercises for neck and low back pain: <https://youtu.be/uRk63ks0Shk>

Neck Mobility Exercises

1. Neck Rotations:

Slowly turn your head side to side. 10 reps each direction.

2. Shoulder Rolls:

Roll shoulders backward and forward. 10 reps each.

3. Wall Angels:

Stand with back and arms against a wall. Slowly raise arms overhead, keeping them on the wall. 10 reps. Click the link to see a demonstration:

<https://youtube.com/shorts/u8hSd2MEeLO?feature=share>

Link to video here with 4 stretches and exercises for neck and low back pain: <https://youtu.be/uRk63ks0Shk>

Low Back Stretches

1. Cat-Cow Stretch:

On all fours, arch your back up (cat), then dip your belly (cow). Repeat 10x.

2. Child's Pose:

Kneel and stretch arms forward on the floor. Breathe deeply. Hold 30 seconds.

3. Figure Four Stretch (Lying):

Cross ankle over knee, pull thigh toward chest. Hold 20–30 seconds each side. Tutorial here:

<https://youtube.com/shorts/RiEQ6bTFzV8?feature=share>

Link to video here with 4 stretches and exercises for neck and low back pain: <https://youtu.be/uRk63ks0Shk>

Low Back Stability Exercises

1. Bird Dog:

On hands and knees, extend opposite arm and leg. Hold 5 seconds. 10 reps each side.

2. Glute Bridges:

Lay on back, knees bent, lift hips up while squeezing glutes. 15 reps.

3. Dead Bug:

Lay on back, arms/legs up. Lower opposite arm and leg while keeping core tight. 10 reps per side.

If you are struggling with any of the stretches/exercises above, you can Google or YouTube name of the stretch/exercise and there will be tons of videos to help!

Daily Habits That Make a Difference

- Get up and move every 30 minutes
- Sleep with proper support (avoid high pillows or saggy mattresses)
- Stay hydrated (discs need water!)
- Avoid cradling your phone with your shoulder
- Lift with your legs, not your back



Our body likes movement! The phrase "Use it or lose it" is a very true statement. Little daily habits can create long lasting changes!

When to Seek Chiropractic Care

- If pain persists more than a few days.
- If you feel tingling, numbness, or weakness.
- If home care isn't enough.
- If you want to address the root cause, not just the symptoms.



Chiropractic can restore alignment, improve function, and prevent future issues.

Real Results from Real Patients

"I've dealt with back issues for several years and started seeing Dr. Tyler about a year ago. He has provided exceptional service and pain relief. He's professional, listens to your concerns and provides solutions. I highly recommend!"

– Scott S.

"I came to Dr. Tyler seeking relief from persistent lower back and neck pain that was really starting to impact my daily life and sleep. I'm so happy with the results I've experienced! Not only has my pain significantly decreased, but I also have so much more energy overall. It's made a real difference. I highly recommend Dr. Tyler if you're struggling with pain. He makes it so easy to book appointments to come in and stay consistent which I've struggled with at other chiropractors."

– Erika M.

At Antignolo Chiropractic our goal is to serve you with exceptional Chiropractic care!

Let's Help You Feel and Function Better

Don't let neck or low back pain control your life. Chiropractic care can help you restore balance, reduce pain, and get back to doing what you love.

We're here to help you every step of the way.

📍 Antignolo Chiropractic – McKinney, TX

☎ Call us: 972-369-7167

🌐 Visit: www.antignolochiro.com



You can ALWAYS call or text if you have any questions. We are always here to help.

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https://www.instagram.com/antignolo_chiro/



*Don't forget to reach out if you ever have any
questions or need any assistance!*