



I can't thank Dr Gordon enough... I finally  
feel relief – *Jenny Paolia* ★★★★★

# 30 Second Pain Relief Guide

Fast Pain Relief Guide

*Quick tips you can start today...*

# Quick Start Guide...

- 01 Introduction
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- 03 Lower Back Solutions
- 04 Posture Improvement Tips
- 05 Next Steps



# Introduction



Welcome! This guide provides quick, doctor-approved stretches for natural pain relief.

We focus on easing neck and lower back tension caused by sitting.

Learn simple techniques to improve posture and reduce daily discomfort.

## Neck Relief Stretches

Simple neck stretches can alleviate tension and improve flexibility quickly.



## Quick Relief Tips



### Chin Tuck

Gently tuck your chin towards your chest. Hold for a few seconds.



### Neck Rotation

Slowly rotate your head from side to side. Keep shoulders relaxed.



### Shoulder Rolls

Roll your shoulders forward and backward to relieve tension.

## Lower Back Solutions



### Easy Pain Management

Lower back pain is super common, especially if you're sitting all day. Don't worry, there are quick fixes.

Simple stretches can make a huge difference. Think of them as mini-breaks for your spine.

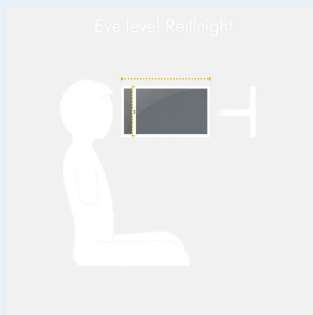
Good posture is key too. Sit up straight and avoid slouching. It helps a ton!

If the pain persists, seeing a doctor is wise. But start with these simple solutions.

# Posture Improvement Tips

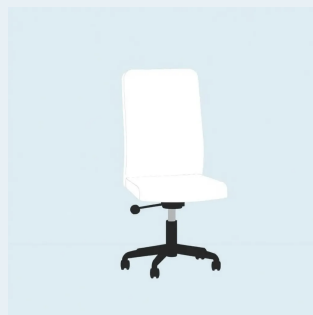
Good posture reduces strain and prevents pain, leading to a healthier back.

## Key Posture Points



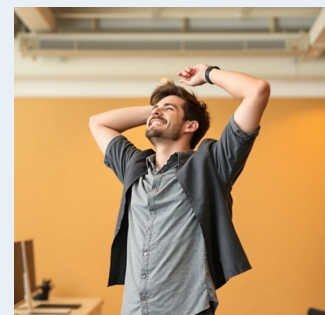
### Monitor Height

Ensure the top of your screen is at eye level.



### Chair Adjustment

Adjust your chair so your feet are flat on the floor.



### Take Breaks

Get up and move every 30 minutes. Set a timer!





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December 23rd 2025*

## Next Steps...

You've learned quick stretches for neck and back pain relief. Incorporate these into your daily routine for improved posture and comfort.

If you want deeper relief, improved mobility, and a personalized plan for long-term wellness, we invite you to take the next step.

Schedule your free full spinal assessment today. This is a *limited-time* \$485 value at *no cost* to you. Visit Chicago Chiropractic Center at:

<https://www.chicagochiropracticcenteronline.com>

Call 224-544-5033 to reserve your appointment.



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