

A woman with long brown hair, wearing a white button-down shirt, is sitting at a wooden desk. She has her eyes closed and her hand is resting on her neck, suggesting she is experiencing discomfort or is in a state of relaxation. On the desk in front of her is an open laptop, a smartphone, and a cup of coffee on a saucer. The background shows a window with light coming through and some books on a shelf.

Managing Neck Pain Naturally

A Free Guide to
Managing Neck
Tension

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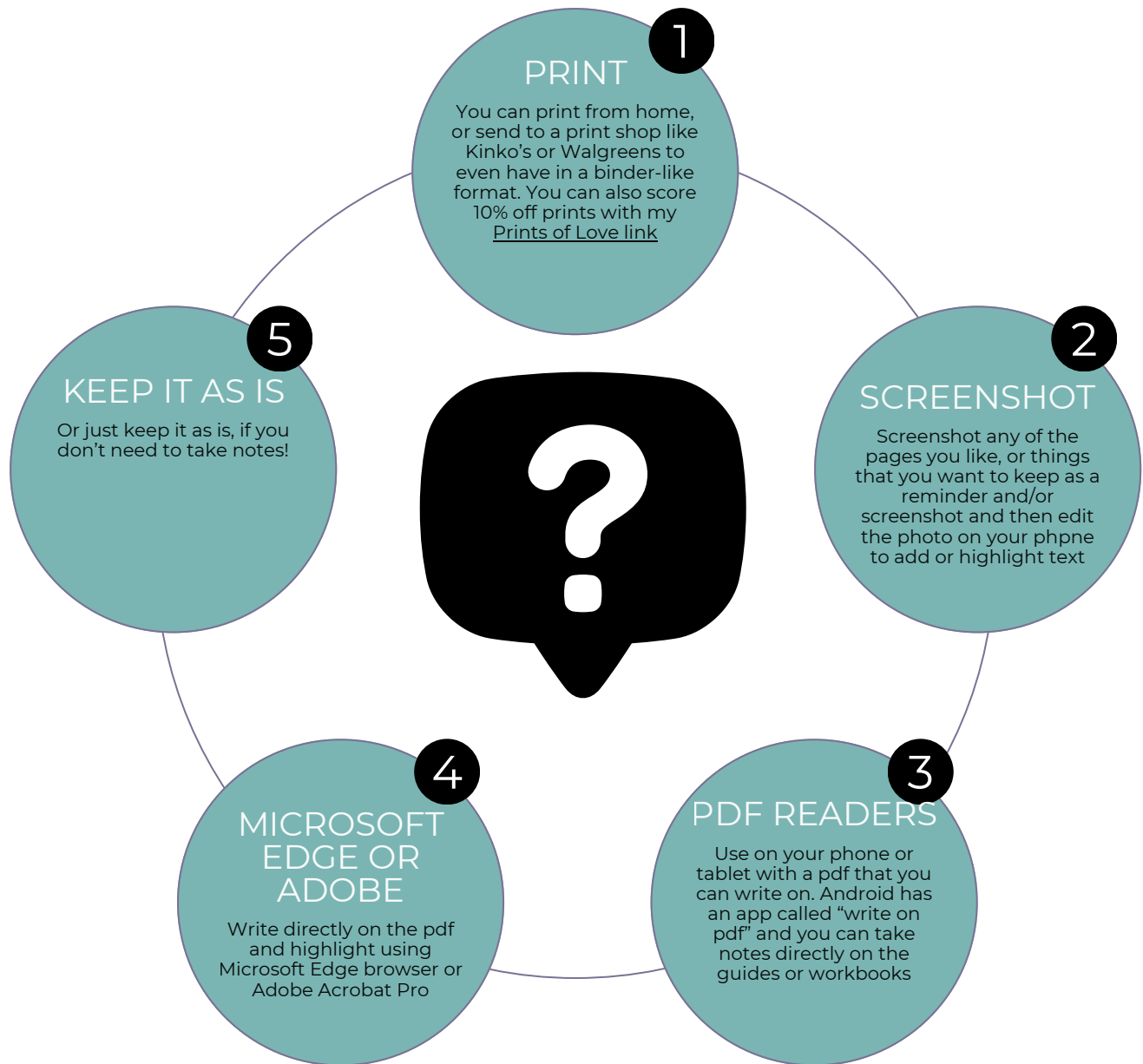


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If you like to take personal notes or be an active reader, there are ways you can still use this pdf guide to do that.



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**Thank you for
respecting the
hard work for the
author**

Medical Disclaimer

Consult with a clinician in your care

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01

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Introduction

A brief look at the occurrence of
neck pain

Welcome to Managing Neck Pain Naturally

Neck pain is one of the most common complaints in today's world. Long hours at a computer, scrolling on a phone, stress, or even old injuries can leave you stiff, sore, and frustrated. While medications may offer temporary relief, true healing comes from addressing the root cause.

**This is your journey
to improved neck
pain
- let's begin.**

The good news?

Relief doesn't have to mean relying on painkillers or temporary fixes. This mini guide will give you simple strategies you can use right now — plus a peek at why working with Releaseology is different.



02

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Exercises for Neck Pain

Simple & Effective Movements

Traditional Neck Pain Exercises

These are traditional exercises and can be helpful.



Upper Trapezius Stretch

Shoulders relaxed. Bring your **right ear** towards your **right shoulder**. Hold for 30 seconds. Repeat 3x on each side



Levator Scap Stretch

Shoulders relaxed. Gently **look at your right armpit**. Hold for 30 seconds. Repeat 3x each side. You can use your hand behind your head to gently pull into a deeper stretch



Shoulder Blade Mobility:

Find a stable surface (kitchen countertop, couch, etc) and bend forward (extending your arms). Reach one arm beneath the other. See the video [here](#)

Why Releaseology's Approach is Different

When I assess your pain, tightness and dysfunction, I'm not just looking at the sore muscles in your neck — I'm looking at how your nervous system, cranial nerves, and other structures might be compensating or taking over. **If one area isn't doing its job, your neck often works overtime, which leads to tension and pain.** (my chronic neck pain was RESOLVED by addressing eye movement dysfunction). My work is about more than stretching; it's about retraining your system so the right muscles activate, compensations release, and your whole body supports true healing. Scroll to the end for more info or book an **in-person or virtual session** with me at www.releaseology.com/booknow or take my self-paced course for lifetime access to my library of exercises (see next page)



Hidden Contributors to Neck Pain

Neck pain is rarely just about the neck. The body works as an interconnected system, and dysfunction elsewhere often creates strain that shows up in the cervical spine. Here are some surprising contributors to consider:

Scar Tissue

Scars from surgeries or injuries can create fascial restrictions that pull through the spine and limit movement. Scars also heal over nerves and arteries affecting nerve conduction and blood flow

Eyes

Poor eye coordination, uncorrected vision issues, or excessive screen time can force the neck muscles to compensate. When your eyes strain, your head and neck often shift posture, creating tension.

Jaw

Clenching, grinding, or TMJ dysfunction affects cranial nerves and posture, directly feeding into neck and shoulder tension. Plus the fascial pull of tension in the jaw can put undue strain on your neck

Diaphragm

Restricted breathing or chronic chest breathing overuses accessory neck muscles like the scalenes and sternocleidomastoid. A tight diaphragm also disrupts spinal stability, increasing neck strain.

Cranial Nerves

These control eye, jaw, and tongue function. If they're not firing well, compensations ripple down through the spine and postural muscles, like the neck

Ligaments

Overstretched or injured ligaments disrupt the body's stability signals, often causing protective tightness in the neck.

Tongue

The tongue plays a major role in posture and airway. A low, forward, or dysfunctional tongue posture can destabilize head and neck alignment, forcing muscles to overwork.

Why This Matters:

When one of these areas isn't functioning properly, your neck picks up the slack. Over time, this "overtime work" creates pain, stiffness, and recurring flare-ups. That's why Releaseology focuses on more than stretching — we retrain your nervous system, release compensations, and restore balance so the neck can finally heal

More Movement Support

My program focuses on not only relieving neck pain from the nervous system side but also teaches you to address many other compensating muscles

I have my ENTIRE vault of exercises for purchase, available in 3 tiers to fit every budget/lifestyle.

Nervous System Foundations

- **1/3** of my exercise vault
- **20** movements & exercises
- Why is the vagus nerve so important (a brief **overview**)
- Signs and symptoms of vagus nerve dysfunction
- Ways to improve vagus nerve signal (an **overview**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$97 for lifetime access

Nervous System Integrations

- **2/3s** of my exercise vault
- **40** movements & exercises
- Why is the vagus nerve so important (a **deeper dive**)
- Signs and symptoms of vagus nerve dysfunction (**why some symptoms make sense**)
- Ways to improve vagus nerve signal (**more in depth**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$197 for lifetime access

Pay as low as \$35/month with a payment plan

Nervous System Mastery

- My **FULL** exercise vault
- **60** movements & exercises
- Why is the vagus nerve so important (**the full view**)
- Signs and symptoms of vagus nerve dysfunction (why **each** symptom make sense)
- **All** ways to improve vagus nerve signal
- Product discounts
- BONUS: position chart
- BONUS: symptom chart
- BONUS: **recipes & meal plans**
- BONUS: **my virtual vagus nerve workshop**

\$347 for lifetime access

Pay as low as \$60/month with a payment plan

Nervous System Foundations

- personalized 1:1 guidance in your healing journey
- weekly 1-hour Zoom or phone calls (virtual sessions)
- daily check-ins (via text or e-mail)
- FREE access to the Nervous System Mastery Course
- FREE 3-months access to the NeuroFIT App
- choose your duration of commitment 1, 2 or 3 months

\$3000 per month

Pay as low as \$515/month with a payment plan

03

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Supplements

Topicals and more

Recommendations for Supplements and other Products

Magnesium Lotion

Magnesium changed my life. I used to suffer from chronic charley horses, and it's saved me at a time I thought I might need the ER - I applied magnesium lotion, went to bed, and woke up pain-free — the pain never returned. Magnesium is essential for muscles to contract and relax. [Trace Minerals brand](#) is topical so it won't upset your bowels or make you drowsy. While it doesn't help if pain comes from a stuck joint or nerve, for muscle-related pain and tension it's one of my most powerful tools.

Moist Heating Pad

I always recommend a moist heating pad over a regular one. Moist heat penetrates deeper into the muscles, increases circulation, and relaxes tension much faster than dry heat. A regular heating pad can sometimes just warm the surface, but moist heat helps soften stiff muscles and prep the body for stretching or release work. It's one of my favorite simple tools for any pain. [Thermophore](#) has been my favorite brand for awhile and their products have lasted me several years. But you can just search [moist heating pad on Amazon](#)

Essential Oils

Don't overlook the benefits of essential oils. In regards to pain: [peppermint](#), [lavender](#) and [eucalyptus](#) would be great! I love [Plant Therapy](#) because the quality and price point are great, plus they have their oils in hair sprays, roll-ons, candles, [muscle aid body cream](#) and so much more!



04

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Weekly Reset Plan

Consistency to help keep your
pain under control



Consistency beats intensity. Try this simple reset to keep neck pain under control:

1

Daily

Choose 2-3 exercises of the following (take just 5 minutes per day)

- Upper Trapezius Stretch
- Levator Scap Stretch
- [Shoulder Blade Mobility](#)
- Massage Your Jaw
- [Tongue Stretches](#)

2

2-3x Weekly

Use a [moist heating pad](#) and/or [magnesium lotion](#) to help your muscles recover

3

Weekly

Set aside 15 minutes for a nervous system reset. You can add deep breathing, humming, splashing your face with cold water and/or check out the free exercises I post on my [YouTube!](#)

Want More?

If you liked this guide, I have a few more resources!

For the most up-to-date guides, head to:

www.releaseology.com/fitness-resources

Book a virtual session or in-person session in Tempe, AZ to get one on one personal guidance.

HSA cards accepted for AZ clients



05

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About the Author

The Releaseology Difference

About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My journey into the world of physical therapy began with a deep fascination for the brain and nervous system—the way these intricate networks quietly orchestrate everything we do without our conscious awareness. It was always second nature to me, this understanding of how our bodies move, heal, and adapt. The nervous system just made sense.

Throughout my career, I dedicated myself to neurorehabilitation. I spent countless hours helping patients recover from life-altering events like strokes, traumatic brain injuries (concussions), and spinal cord injuries. These experiences were as challenging as they were rewarding, and they fueled my determination to help people regain not just their movement, but their independence, confidence, and quality of life.



Over time, I began to see a critical connection: true healing wasn't just about addressing muscles and joints—it was about working with the nervous system itself. Pain, stress, and dysfunction often have deeper roots in how the brain and body communicate. I realized that by targeting pain at its neurological source, I could help people experience deeper, lasting relief.

This revelation led me to immerse myself in perfecting hands-on techniques like neurokinetic therapy (NKT), vagus nerve regulation, dry needling, and myofascial release. I crafted a practice centered on holistic, root-cause healing that not only reduces pain and dysfunction but helps my clients feel more at ease in their bodies.

Let's Release Your Body's Own Healing Potential



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About Releaseology

At Releaseology, my mission is simple: to help you uncover the root cause of your pain, stress, or dysfunction—and give you the tools to finally release it. Unlike many traditional clinicians who focus only on the obvious symptoms, I take a deeper, more investigative approach. I look for the overlooked patterns, the hidden dysfunctions, and the subtle compensations that others might miss. This is where true, lasting change begins.

Why Releaseology Is Different

- **Root-Cause Focused:** I don't just treat where it hurts. I explore the nervous system, movement patterns, and compensations that are often ignored.
- **Hands-On Techniques:** From neurokinetic therapy and dry needling to cupping and fascial release, every session is tailored to you.
- **Rapid Results, Real Change:** My goal isn't to keep you coming back forever—it's to help you improve as quickly as possible while still making sustainable, long-term progress.

In-Person or Virtual Options

I offer in-person services in Tempe, Arizona, as well as highly curated virtual services. And here's something you should know about me: ***I don't do anything halfway.***



During COVID, insurance companies required that telehealth sessions be certified as “just as effective” as in-person care. At that time, I refused to offer virtual sessions because the tools I used then were most effective in person. I couldn't, in good conscience, promise the same results virtually. But today? That's different. The virtual services I now provide have been carefully designed and tested to be just as effective and valuable as my in-person care. When you book a virtual session, rest assured—it's because I know it will work.

Why This Matters? Whether you're here in Arizona or connecting with me virtually, you'll get the same level of detail, dedication, and results-driven care. I only offer what I know can help you feel and move better.

Ready to see the difference? Book with me [here](#)

Let's Release Your Body's Own Healing Potential



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