

RESET
REHAB + PERFORMANCE

FREE GUIDE · RESET NECK

THE DESK NECK RESET

Six moves for a stiff, tight neck

FREE

01 — START HERE

THE DESK NECK RESET

Most neck pain comes from a neck and upper back that got weaker while the screen time, driving, and stress piled up. These six moves take about 8 minutes. Do them at your desk, once or twice a day.

WHY THIS WORKS

- Tight upper traps usually mean weak deep neck muscles doing too little.
- Your upper back runs your neck. When it stiffens, the neck takes the load.
- There's no perfect posture. Your next posture is your best posture, so move often.

GREEN • KEEP GOING

0–3 / 10

Normal and safe. Settles within 24 hours.

AMBER • ADJUST

4–5 / 10

Fewer reps, less range, or lighter load. Keep moving.

RED • FLARE-UP PLAN

6+ / 10

Or pain that's worse the next morning. Switch to the 3-day plan.

EXERCISE PAIN VS. PAIN PAIN

Exercise pain is the muscle working: burning, fatigue, effort. That's fine. **Pain pain** is sharp, pinching, or your old pain getting worse. If it's pain pain, stop, make a note, and do less range or a gentler version.

02 — THE ROUTINE

DO THIS ONCE OR TWICE A DAY

Slow and controlled. Breathe the whole time. Effort 5–6 out of 10. Every exercise has a video in the RESET library.

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THE ROUTINE *about 10 minutes*

VIDEO	EXERCISE	DOSE	GYM OPTION	COACHING CUE
X016	Chin Nod (deep neck flexors)	10 × 5-sec hold	Same	Lying down, nod 'yes' gently. Back of neck lengthens.
X019	Neck Rotation and Tilt (range)	5 each way	Same	Turn and tilt to the edge of comfort, not past it.
X005	Thoracic Extension over Foam Roller	8 reps	Same	Support the head, extend over the roller in 3 spots.
X004	Open Book Rotation	6 / side	Same	Knees stacked, rotate through the upper back.
X022	Wall Angel	8 slow reps	Same	Back and arms on the wall, slide up without arching.
X033	Band Pull-Apart	2 × 15	Same	Arms long, pull the band to your chest.

HOW TO KNOW IT'S WORKING

After a week, you should move a little easier and the bad moments should be less intense or shorter. That's the alarm turning down. Keep going, then start building real strength. That's what Block 01 is for.

WHEN TO SEE A PROVIDER FIRST

This guide is for ordinary aches and stiffness. Stop and get evaluated if any of these apply.

WARNING SIGN	WHY
Dizziness, drop attacks, double vision, or trouble speaking or swallowing	Can signal a blood vessel or nervous system problem. Get seen urgently.
Clumsy hands, dropping things, or changes in walking or balance	Can mean pressure on the spinal cord.
Progressive arm weakness or numbness	Needs a nerve evaluation before exercise.
Fever, unexplained weight loss, or history of cancer	Rule out infection or something systemic.
Pain after a fall, crash, or blow to the head	Rule out a fracture or ligament injury first.
Severe, constant night pain no position eases	Not typical of mechanical neck pain.

This guide is education, not medical care. It doesn't diagnose or treat any condition or replace an evaluation by your own provider. In an emergency, call 911. Results vary.

04 — WHAT'S NEXT

RELIEF IS STEP ONE

Feeling better comes first. Strength is what keeps it from coming back. The 12-week program takes you from relief to real strength in four phases.

PLAN	WHAT YOU GET	PRICE
SELF-GUIDED	The full 12-week Block 01 guide, video library, and tracking tools	\$197 one time
CUSTOM	Programming tailored to you, weekly guidance and adjustments	\$133 / month
DOCTOR-LED	Weekly meeting with Dr. Urrutia, personalized progressions	\$333 / month

START THE PROGRAM

Go to resethybridrecovery.com/neck to see the full 12-week plan and choose your level of support.

"Movement is medicine. We don't have weak bodies. We have weak systems."

Dr. Jonathan Urrutia, DC · Founder, RESET

RESET

REHAB • RECOVER • TRAIN

MOVEMENT IS MEDICINE.

Relief is step one. Strength keeps it gone.

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