



## Tech Neck Isn't Just for Kids Anymore

Many people assume "tech neck" is something that only affects teenagers glued to their phones, but adults are experiencing it just as often. Whether you're working at a computer, scrolling on your phone, reading a tablet, or watching television, spending hours with your head tilted forward places significant stress on your neck and upper back. Over time, this can lead to stiffness, headaches, shoulder tension, and poor posture.

At Domier Chiropractic, Dr. Domier frequently see patients experiencing the effects of prolonged screen time. Chiropractic adjustments, along with massage, Graston, stretching, and strengthening recommendations, can help restore proper movement and reduce tension. Simple habits such as taking movement breaks, improving workstation ergonomics, and being mindful of posture can make a big difference in how your neck and upper back feel.



## How Stress Shows Up in Your Neck and Shoulders

Stress doesn't just affect your mind—it affects your body as well. One of the most common places people carry stress is in their neck, shoulders, and upper back. Tight muscles, tension headaches, shoulder discomfort, and reduced mobility are often physical signs that your body is responding to daily stressors.

When stress levels rise, muscles tend to tighten as part of the body's natural response. Over time, this can create ongoing discomfort and make it more difficult for your body to move efficiently. At Domier Chiropractic, Dr. Domier often help patients address these areas through chiropractic adjustments, massage therapy, cupping, acupuncture, and soft tissue therapies. Combined with regular exercise, stretching, proper sleep, and stress management strategies, chiropractic care can help reduce tension and support your overall wellness.



## Supplement of the Month: Standard Process Clean Protein

Protein is one of the most important nutrients for maintaining muscle, supporting recovery, and promoting overall health. Whether you're exercising, staying active with summer projects, or simply looking to support healthy aging, getting enough quality protein is essential.

Unfortunately, many store-bought protein powders contain artificial sweeteners, fillers, and unnecessary ingredients. Standard Process Clean Protein provides a simple, high-quality option made with carefully selected ingredients designed to support wellness without the extras found in many commercial products.

At Domier Chiropractic, we often remind patients that healing and recovery involve more than just adjustments. Proper nutrition can complement your care by providing your body with the building blocks it needs to recover, repair tissues, and maintain energy. Standard Process Clean Protein is a convenient way to help support those goals while maintaining a healthy lifestyle.

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