

Relief For a Pain in the Neck

By Rob Schout. MySolTouch Holistic Health. Fall 2025



Many people experience episodic/incidental or chronic neck pain. Setting aside the possibility that the pain in your neck is psychosomatic, attributed to a person that you feel disdain for in your life, or perhaps due to an energy blockage in a chakra center, there are, in fact, other physiologic causes.

It is becoming increasingly common among more people due to the nature of our work routines, technology use, and lifestyles. We are constantly tilting our necks to look at computers, phone screens, e-books, and televisions in ways that the human body was not designed to sustain. It can be attributed to sleeping habits and patterns, such as the amount of sleep one has, the number of sleep disturbances that a person experiences, which cause them to jolt and thrash in bed at night, the way in which they position themselves for sleep, or even the type of mattress-frame-pillows that a person uses. Regardless of the cause, the issue is the pain in the neck.

Most neck pain is caused by a strain or tension in one or more major neck muscles.

The sternocleidomastoid (SCM) muscle is located at the base of your skull on either side of your neck, behind your ears. On both sides of your neck, each muscle runs down the front of your neck and splits to attach to the top of your sternum and collarbone. The functions of this long, thick muscle are:

- rotating your head from side to side
- turning your neck to bring your ear to your shoulder
- bending your neck forward to bring your chin to your chest

This muscle group plays a crucial role in both chewing and swallowing. It stabilizes your head when you drop it backward.

To relieve SCM pain practice:

- simple neck rotations (side to side; one side then the other or yoga poses)
- head tilts
- conscious posture and ergonomics in your seated positions and when using a computer or phone
- self-massage, muscle compression and release, pinching, as well as small circular massage strokes up/down the muscle

The splenius and scalene muscles are a group of muscles in the lateral neck. When the splenius and scalene muscles are healthy and working in a balanced way, they help support the upright posture of your cervical spine.

To relieve the Scalene pain

Practice self-massage by using your thumb as a contact point, pressing into the muscle while rotating your head from side to side (not in a circular motion), starting from the side where the pain is emanating. Make sure to breathe deeply in when applying pressure and breathe deeply out when moving to the opposite shoulder and releasing tension. Self-massage using small fingers or knuckle circles, massaging up and down the muscle groups.



My Sol Touch bodywork and added services can help relieve a pain in your neck.

- Thai Oil Touch Bodywork
- Tao Touch Bodywork
- Personal Life Coaching
- Guided Meditation



About the author and practitioner: Robert Schout

Rob is a bodywork specialist, certified master life coach, clinical social worker, business consultant, and author. He is an advocate for holistic men's health and well-being, encompassing the wellness of body, mind, emotions, culture, and sexuality. Through MySolTouch™ – Bodywork Massage, Rob offers a respite from the outside world. He provides a safe, supportive, rejuvenating, and welcoming experience, both physically, emotionally, and mentally, in the Wilmington, DE area. Rob is available for massage appointments, events, retreats, and life coaching. www.mysoltouch.com

