

## **THE 15-MINUTE SPINAL RESET**

*The 21-Day Protocol to Eliminate "Tech Neck," Dissolve Tension, and Restore Perfect Posture.*

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## Legal Disclaimer

### **IMPORTANT: READ BEFORE STARTING**

The information provided in this guide and the accompanying videos is for educational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. If you have a history of spinal injury, herniated discs, spinal stenosis, or recent surgery, do not attempt these exercises without doctor approval.

**Listen to your body.** If you experience sharp, shooting pain, dizziness, or numbness while performing any movement, STOP immediately. This program is designed to be gentle. "No pain, no gain" does *not* apply to the spine.

## The "60-Pound" Problem

If you are reading this, you probably spend a significant portion of your day sitting—whether at a desk, in a car, or on a couch.

The human head weighs approximately 10 to 12 pounds. When your ears are aligned perfectly over your shoulders, your spine supports this weight effortlessly.

However, for every **inch** your head drifts forward to look at a screen, gravity effectively **doubles** the weight on your neck.

- **0 inches forward:** 12 lbs (Normal)
- **2 inches forward:** 32 lbs
- **3 inches forward:** 42 lbs+

By the end of an 8-hour workday, your neck muscles haven't just been "relaxing." They have been fighting a marathon battle to keep a 40-60lb weight from crushing your spine.

## The Solution: The Reset

We cannot force our muscles to relax if our skeleton is misaligned. This protocol is not a "workout." We aren't trying to build bulky neck muscles. We are trying to **remap your nervous system.**

We will use specific movements to:

1. **Release** the "brakes" (the tight chest and sub-occipital muscles).
2. **Activate** the "gas" (the weak upper back muscles).
3. **Reset** the resting position of the head.

Let's begin.

## The Core Movements

### Movement 1: The "Chin Tuck" (The Reset Button)

*Target: Deep Cervical Flexors*

Most people try to fix posture by pulling their shoulders back. This is wrong. Posture starts with the head position.

#### **How to do it:**

1. Stand with your back flat against a wall, or sit tall in a chair.
2. Look straight ahead (do not look down).

3. Slowly pull your chin straight back, as if you are trying to make a "double chin." Imagine a string pulling the crown of your head toward the ceiling.
4. You should feel a gentle lengthening at the back of your neck.
5. **Hold for 5 seconds.** Release.
6. **Repeat 10 times.**



**Common Mistake:** Do not tilt your head up or down. Your eyes should stay level with the horizon.

### Movement 2: The "Doorway Opener"

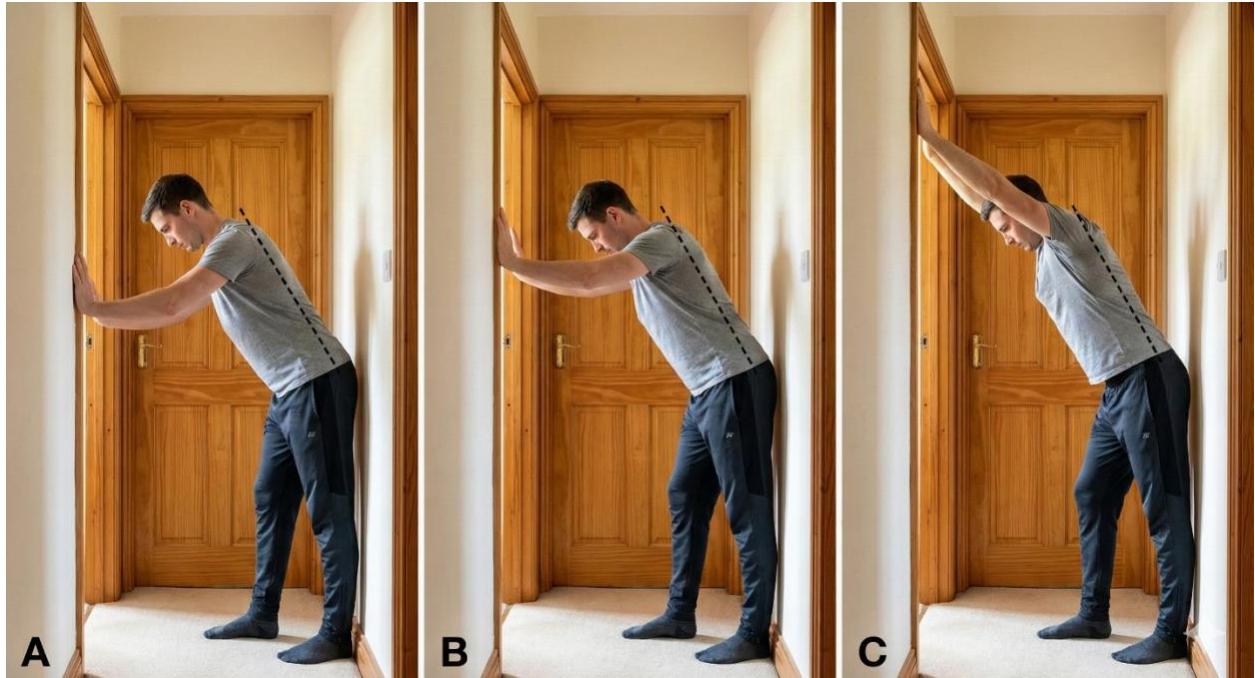
*Target: Pectoralis Minor (Chest)*

Your head comes forward because your tight chest muscles are pulling your shoulders forward. We must open the "front" to fix the "back."

#### How to do it:

1. Find a standard doorway.

2. Place your forearms on the doorframe, with your elbows at a 90-degree angle (creating a "goal post" shape).
3. Step one foot through the doorway.
4. Gently lean your body weight forward until you feel a deep stretch across your chest and the front of your shoulders.
5. **Hold for 30 seconds.** Breathe deeply.
6. **Repeat 2 times.**



### Movement 3: The "Pocket Squeeze" (Wall Angels)

*Target: Lower Traps & Rhomboids*

Now that the chest is loose, we need to wake up the muscles responsible for holding you upright.

#### How to do it:

1. Stand with your back against a wall, feet about 6 inches away from the baseboard.
2. Try to touch your head, shoulders, and tailbone to the wall.
3. Bring your arms up into a "W" shape against the wall.
4. Try to slide your arms up into a "Y" shape while keeping your elbows and wrists touching the wall. (It is harder than it looks!).

5. Pull your elbows back down, squeezing your shoulder blades together as if you are trying to tuck your shoulder blades into your back pockets.
6. **Perform 10 slow repetitions.**



#### Movement 4: The "Ear-to-Shoulder" Release

*Target: Upper Trapezius*

This releases that burning tension where the neck meets the shoulder.

#### How to do it:

1. Sit on a chair. Take your right hand and hold onto the bottom of the chair seat (this anchors your shoulder down).
2. Gently drop your left ear toward your left shoulder.
3. (Optional) Use your left hand to apply *very light* over-pressure to the head.
4. **Hold for 30 seconds.**
5. Switch sides.



## The 21-Day Protocol

Consistency beats intensity. You do not need to do these for an hour. You need to do them for 15 minutes, every day, for 21 days to overwrite your old posture habits.

### Phase 1: The Release (Days 1–7)

*Goal: Unlocking stiff tissue and reducing pain.*

- **Morning:** 10 Chin Tucks.
- **Afternoon (at desk):** 30-second Doorway Opener (x2).
- **Evening:** Ear-to-Shoulder Release (30 sec each side).

### Phase 2: The Activation (Days 8–14)

*Goal: Waking up the dormant back muscles.*

- **Morning:** 10 Chin Tucks + 10 Pocket Squeezes (Wall Angels).
- **Afternoon:** Doorway Opener.
- **Evening:** Ear-to-Shoulder Release.

## Phase 3: The Integration (Days 15–21)

*Goal: Locking in the new posture.*

- **Routine:** Perform the full circuit (All 4 Movements) once per day.
- **The Habit Check:** Every time you check your phone, perform 1 Chin Tuck.

## Page 10: Quick Tips for Daily Life

### **The "T-Rex" Arm Position**

When typing, keep your elbows close to your ribs (like a T-Rex). If your elbows reach forward, your head will follow.

### **The "Phone Lift"**

Never look down at your phone in your lap. Lift the phone to chest height. It looks strange to others, but your spine will thank you.

### **Hydration**

Your spinal discs are made mostly of water. If you are dehydrated, your discs compress faster. Drink half your body weight in ounces of water daily.