Neck hump checklist

Use these steps from the article to work out the type of neck hump and plan next steps.

- [ ] Note whether the hump feels firm and dense like bone or softer like fat.
- [ ] Look for other signs of high cortisol such as purple stretch marks.
- [ ] Check for height loss, back pain or a past fracture that could point to osteoporosis.
- [ ] Hold your phone at eye level instead of looking down.
- [ ] Raise your computer screen on a stand so your gaze falls mid-screen.
- [ ] Do chin tucks and scapular squeezes, 3 sets of 10 daily, if the cause is posture.
- [ ] Stretch the chest in a doorway for 20 to 30 seconds, 2 to 3 times daily.
- [ ] Never stop a prescribed medicine without your provider's direction.
- [ ] See a doctor if the hump does not improve or the cause is unclear.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/neck-hump/