



Transform Chiropractic Highlights Scalene Muscle Stretch for Neck Pain Treatment

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Transform Chiropractic is drawing attention to a gentle, step-by-step scalene muscle stretch intended to help address tension in the front and side of the neck, an issue the Toronto clinic notes has become increasingly common amid prolonged sitting, extended screen use, and poor posture.

The clinic explains that the anterior scalene muscles, located along the front and side of the neck, can become tight when the head is held forward for long periods. This pattern is frequently observed among individuals who spend hours at desks, on laptops, or looking down at mobile devices. Over time, the resulting muscle tension may contribute to discomfort, stiffness, and reduced range of motion in the neck.

Transform Chiropractic scalene muscle stretch involves gently tilting the head to one side, rotating it slightly, and adding a small degree of extension to target the affected muscles. The movement is performed slowly and held for approximately 20 to 30 seconds. The clinic emphasizes that the stretch should feel like a mild lengthening sensation and should never cause pain, sharp discomfort, or dizziness.

"Many people are surprised to learn how much daily posture influences the muscles in the neck," said Dr. Byron Mackay of Transform Chiropractic. "The scalene muscles often carry tension that builds gradually throughout the day. A slow, controlled stretch, performed correctly and without forcing the movement, can help people become more aware of that tension and how their habits contribute to it."

Transform Chiropractic frames the stretch as one component of a broader understanding of neck health rather than a standalone solution. The clinic notes that proper technique matters, and that individuals experiencing persistent or severe symptoms should seek an assessment before beginning any new exercise routine. Attention to workstation ergonomics, screen positioning, and regular movement breaks is also encouraged as part of managing everyday neck strain.

"Education is a large part of what happens in the clinic," Dr. Mackay said. "When individuals understand why a muscle is tight and how to move safely, they are better positioned to manage their own comfort between appointments. Neck pain treatment in Toronto is most effective when it combines hands-on care with practical guidance people can apply at home."

The clinic added that the scalene muscle stretch is one of several neck-focused exercises it shares to help individuals maintain flexibility and awareness of their posture. These exercises are intended to be accessible to people across a range of fitness levels and can be incorporated into a daily routine when performed carefully.

Transform Chiropractic is a Toronto-based chiropractic clinic that provides care for conditions including back pain, neck pain, sciatica, headaches, pregnancy-related discomfort, and posture concerns. The clinic combines manual adjustments with individualized treatment plans that consider lifestyle, posture, and ergonomics, and it offers a series of guided exercises for the neck, mid-back, and low back to support ongoing physical health.

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Transform Chiropractic

Transform Chiropractic is an award-winning Toronto chiropractic clinic located in Bloor West Village. Dr. Byron Mackay

and Dr. Elizabeth Viglasky have been helping patients with sciatica, neck pain and back pain for over 20 years.

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