



STRESSED?

Stress & Your Spine

The advanced report on how stress physically settles into your spine — and how to release it.

You already saw the basics. Here's what's underneath: the physical mechanics of stress, not just the mental side of it.

1 How chronic stress creates muscle tension and spinal misalignment

The stress response braces your muscles for action — particularly around the neck, shoulders, and jaw. When stress is chronic rather than occasional, those muscles never fully release, and the sustained pull can gradually shift spinal position, especially in the cervical spine.

2 The cortisol-inflammation-pain connection

Elevated stress hormones over time promote low-grade inflammation throughout the body, including around joints and spinal tissue. That added inflammation lowers your pain threshold, which is a real, physical reason stress makes existing aches feel worse — not just a perception.

3 Why “stress headaches” are often cervical spine issues

Many headaches labeled as stress-related actually originate from tension and restricted motion in the upper cervical spine, which refers pain into the head. Stress is often the trigger that tightens those muscles, but the headache itself is a mechanical, spinal event — not purely a mental one.

4 Breathing and movement techniques to release tension now

Slow, extended-exhale breathing (in for 4, out for 6) directly engages the body's calming nervous system response. Paired with simple shoulder rolls and gentle neck rotation, it's a two-minute way to interrupt the stress-tension cycle in the moment, not just manage it after the fact.

5 How regular chiropractic care reduces your stress response

Because the upper cervical spine sits closest to the brainstem, restoring proper motion there is directly connected to nervous system regulation. Regular adjustments are associated with improved measures of parasympathetic (calming) nervous system activity — the physical side of feeling less wound up.

DR. STROTHER'S PROTOCOL

This week's stress-release routine

1. Twice daily: 10 breaths, in for 4, out for 6
2. Once daily: shoulder rolls + gentle neck rotation, 60 seconds
3. Notice where you carry tension first — that's your pattern to watch

YOUR ADVANCED REPORT OFFER

Give your nervous system a real reset.

Redeem your promo code for a Free 8-Minute Red Light Session at A Hot Place to Chill, our recovery studio next door.

REDLIGHT

Mention this code when booking · (269) 469-1310