

Best Neck, Back and Shoulder and Posture Relief Products

Sitting at a desk or standing with poor posture can cause [forward head posture](#), rounded shoulders, a hunched upper back, headache, shoulder pain, upper back and neck pain and tension.

Ease back, neck, and shoulder pain with the help of these products. I have linked some of the most beneficial products below. For corrective exercise, please [contact me](#).

Huggaroo Microwavable Heating Pad for Neck Pain and Shoulder Pain Relief, Migraine Headache Relief, Stress Relief, Anxiety Relief | Herbal Aromatherapy | Hot/Cold Neck Wrap.

CanDo Black Composite High-Density Roller, Half-Round, 6" X 12"

Tight calves and hamstrings pull on our pelvis and take it out of alignment which can cause back pain. Roll out calves and hamstrings with this foam half-round. You can also lie on your back with your lower back or your head on it to gently apply pressure to the sub-occipital muscles that get tight with forward head posture.

Neck Massager, LuxFit Neck and Shoulder Shiatsu Deep Tissue Trigger Point Manual Self Muscle Massager

Use this handy device on the back of the head to loosen tight muscles that can contribute to headaches or TMJ.

ComfiLife Orthopedic Knee Pillow for Sciatica Relief, Back Pain, Leg Pain, Pregnancy, Hip and Joint Pain – Memory Foam Wedge Contour

If you sleep on your side, a pillow between your knees will prevent your upper leg from pulling your spine out of alignment and reduce stress on your hips and lower back.

Uncaged Ergonomics (WEPb) WorkEZ Professional Ergonomic Aluminum Laptop Cooling Stand. Adjustable Height Angle Notebook Computer Riser Lap Desk for Bed Couch Affordable Folding

A great way to help improve posture is to use a laptop desk that allows you to raise and lower the height of your laptop to maintain better ergonomic posture while you use it. This particular one can be used on a countertop, desk, lap or in

bed.

North Bayou Monitor Desk Mount Stand Full Motion Swivel Monitor Arm Gas Spring for 17"-27" Computer Monitor

Being able to raise your monitor to the correct height will allow you to maintain good posture, relieve stress in your neck, shoulders and back. Adjust the monitor height so that the top of the screen is at or slightly below eye level. Your eyes should look slightly downward when viewing the middle of the screen.

AmazonBasics Ventilated Adjustable Laptop Stand

This is a terrific laptop stand for desk or countertop. Its also makes a nice desk top for those who do crossword puzzles as it allows for viewing without forward head and hunched shoulders.

ComfiLife Gel Enhanced Seat Cushion – Non-Slip Orthopedic Gel & Memory Foam Coccyx Cushion for Tailbone Pain – Office Chair Car Seat Cushion – Sciatica & Back Pain Relief.

This seat cushion is a great way to adjust the height of your desk. This ergonomically designed seat cushion provides

maximum support and comfort while reducing pressure on the coccyx / tailbone and promotes healthy posture. It would be a great pillow to sit on for anyone who has broken their tailbone. Provides lower back pain & sciatica relief.

RAD Roller | Myofascial Release Tools | Multiple Densities | Self Massage Mobility and Recovery

This foam roller aids in recovery through self myofascial release and relieves tension in the upper back, neck and feet. Can also use on rotator cuff, pecs, triceps, PSOAS, glutes, hamstrings, adductors, quads, peroneals, calves and more. And its is small enough to fit in a gym bag

UPRIGHT PRO | Smart Wearable Posture Trainer with Free IOS and Android App

Good posture requires attention and this smart device provides vibration cues and alerts you with an app to remind you to correct your posture.

Nayoya Back and Neck Pain Relief – Acupressure Mat and Pillow Set – Relieves Stress, Back, Neck, and Sciatic Pain – Comes with a Vinyl Carry Bag for Storage and Travel

This provides immediate back, neck, shoulder, headaches and

sciatic pain relief in the comfort of your home in as little as 20 minutes per day

Sunbeam King-Size Electric Heating Pad with UltraHeat Technology, 3 Heat Settings, Moist/Dry Heat, Machine Washable Cover, 12" x 24"

Neck spasms may happen from an injury, overuse, poor posture, or stress. For example, it is common for people who do a lot of computer work to get a stiff neck. Moist heat can help and this convenient heating pad provides both moist and dry heat.