

Workstation Micro-Breaks

These micro-break stretches and movement patterns are designed to break the cycle of stress the body endures during prolonged sitting at your workstation. These should be performed every 30 minutes to break that cycle of over-use stress with the goal of preventing pain and injury.

**** NOTE:** If you have had any recent health problems, injury, surgery, or if any of these actions cause you any pain, consult a health professional before starting this program.

Neck Stretches



NECK STRETCH 1:

1. Look slightly to the left and reach the right arm across your head.
2. Sit up tall, and slightly pull your head so that you bring your ear closer to the shoulder.
3. Make sure not to stretch too aggressively. Hold (stretch) for 15 seconds. Perform on both both sides 2x



NECK STRETCH 2:

1. Look down to your right shoulder.
2. Reach over to the posterior left side of your head with your right arm.
3. Apply downward pressure in that direction until you feel a good stretch.
4. Hold (stretch) for 15 seconds. Perform on both both sides 2x

Posture Reset Drill



1. Place hands in front of forehead with palms facing out. Take a deep breath in.
2. Pull elbows toward back pockets while rotating palms out.
3. Slowly exhale while squeezing shoulder blades together and drawing head back.
4. Once you have fully exhaled, hold for 10-15 second. Repeat for 2 repetitions



Standing Back Extensions



1. Place your hands on your hips
2. Gently lean back.
3. Hold for 10-15 seconds. You should feel a mild pulling sensation. If you experience discomfort, then perform the stretch more gently or go back to the previous step.

Standing Hamstring stretch

1. Place your heel on the ground in front of you with knee straight and toes pulled towards your shin. You may wish to stand next to something for balance.
2. Keep your back straight, look up at the ceiling, and bend forward at your hips.
3. Hold for 10-15 seconds. You should feel a mild pulling sensation. If you experience discomfort, then perform the stretch more gently or with your foot on the floor.

