

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.

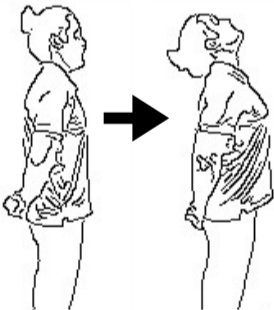
****NOTE: If you have any recent health problems, injury, surgery, or if any of these actions cause you any pain, consult a health professional before starting this program.**

Neck Stretches



1. Look slightly to the left and reach the right arm across your head.
2. Slit 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 for 20 seconds. Perform on both sides 3x every hour.

Thoracic Spine Mobility



1. Bring both hands behind your back and squeeze your shoulder blades together.
2. Bring your chest up and look up to the ceiling at the same time.
3. Feel the tension in the front of your chest and the movement on your upper back.
4. Hold the stretch for 20 seconds. Perform this stretch 3x every hour.

Psoas Stretches



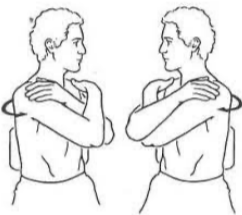
1. Step left foot forward and right foot stay in the back.
2. Hold your tailbone down throughout the whole stretch.
3. Feel the stretch in front of your right hip and try breath in and out.
4. Hold the stretch for 20 seconds. Perform this stretch 3x every hour.

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Trunk Rotation



1. Look slightly to the left and reach the right arm across your head.
2. Slit 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 for 20 seconds. Perform on both sides 3x every hour.

Trunk Side Bending



1. Bring both hands overhead and lean towards the right side
2. Maintain your trunk upright and look forward with the whole stretch.
3. Feel the tension on the left side of your trunk and the breath in and out.
4. Hold the stretch for 20 seconds, and repeat on the other side. Perform this stretch 3x every hour.

Forward Flexion With Hamstring Stretches



1. Step your left foot forward and straighten your left knee.
2. Keep the right knee bended and bend forward with your trunk at the same time.
3. Feel the tension on the left hamstring and the breath in and out.
4. Hold the stretch for 20 seconds, and repeat on the other side. Perform this stretch 3x every hour.