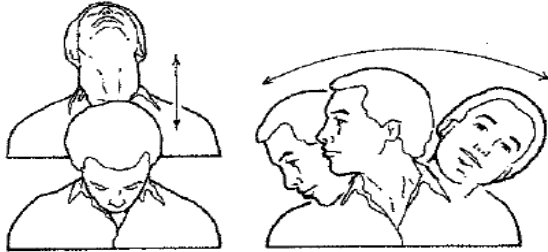


## BEFORE WORK and MICROBREAK EXERCISES

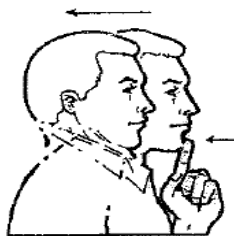
*Hold stretches for 2 relaxing breaths. Doing all stretches daily is beneficial. However the most important ones are the stretches that feel tightest. Done often during work, these stretches will increase energy and comfort while reducing cumulative trauma stress. Discontinue if you feel discomfort other than simple stretching of tight muscles.*

### NECK STRETCHES



Bend head downward then slowly upward. Side bend neck towards shoulder, hold, look down then switch sides. Slowly and fully turn head to one side then the other.

### CHIN TUCKS



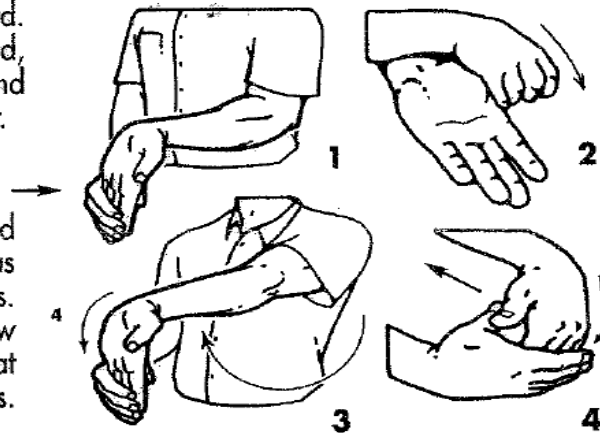
Pull chin and head straight backward as to make many chins. Hold for a few seconds, repeat three times.

### SIDE STRETCH



Bend knees slightly and flatten back with forward tilt of hips. Without twist, reach high overhead and bend to one side. After 2 breaths switch sides.

### HAND AND WRIST STRETCHES



**Caution:** This must be done **slowly** and with **minimal** force. Hold each stretch for 5 seconds.

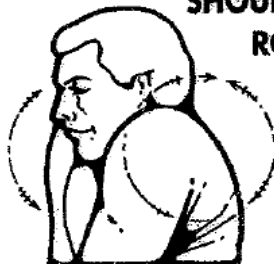
1. Palm up with elbow at side and forearm level with ground. Hold fingers and gradually pull down and back.
2. Gently pull thumb down.
3. Return to fingers. Gently hold as you slowly straighten your arm.
4. Arm straight, turn palm down and gently pull fingers down and back. Bend elbow, palm down, pull fingers down and back. Switch hands.

### CHEST AND SHOULDER STRETCH

Clasp hands behind back. Slowly straighten and raise arms. Arch back. Sitting forward in seat or standing up may help.



### SHOULDER ROLLS



Roll shoulders forward in 3 large circles then backwards.

## BEFORE WORK and MICROBREAK EXERCISES



### KNEE PULL

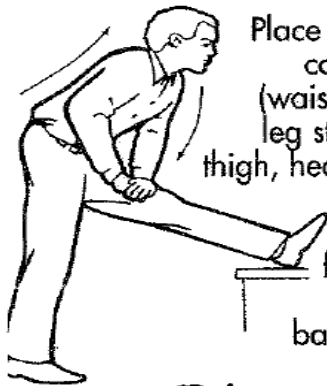
Sit upright with back supported. Hold one knee and slowly pull towards the chest. Hold 2 breaths and switch.



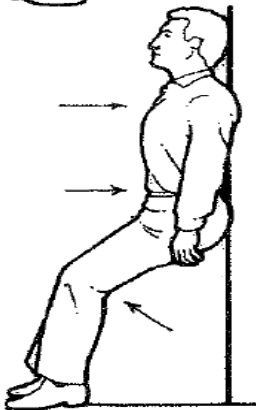
### QUAD STRETCH

Place one hand on a stable surface. Stand upright and bend one leg. Hold foot lightly and pull back. Don't arch your back. Feel stretch in front of thigh. Hold 2 breaths each leg.

### HAMBSTRING STRETCH

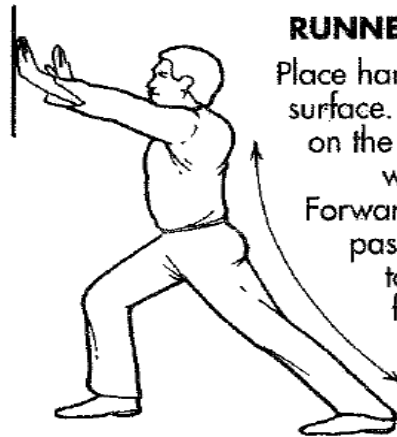


Place heel on object at comfortable height (waist or lower). Keep leg straight, hands on thigh, head and shoulders up, and back straight. Bend forward until you feel a stretch in back of raised leg. Switch leg.



### WALL SLIDE

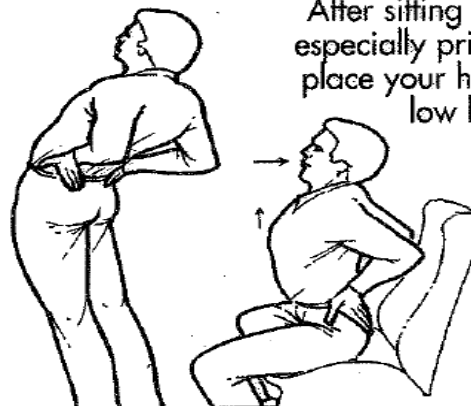
Lean against stable surface. Press or flatten lower back against surface. For strengthening, hold wall slide as long as possible. Knees should not pass your ankles.



### RUNNER'S STRETCH

Place hands on a stable surface. With heels flat on the floor shift your weight forward. Forward knee doesn't pass toes. Turn the toes of the back foot out 2" and stretch, then in 2" stretch. Switch feet.

### BACK EXTENSIONS - Standing/Seated



After sitting or bending, especially prior to lifting, place your hands on the low back, gently push forward, raise the chest upward and arch back.