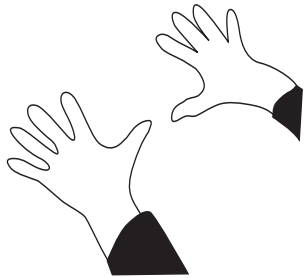


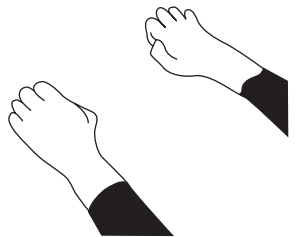
Stretch Breaks

you can do on the job

Here are some stretches you can do at your desk during rest breaks. You don't need to do all of them, and the order in which you do them doesn't matter. Each exercise results in feeling some stretch. Hold each stretch 10 to 15 seconds and repeat three times. The number of repetitions and duration of each exercise are guidelines. Be sure that as you're doing the exercises, you feel only a gentle stretch and no pain. **If you begin to feel pain, reduce the number of repetitions, lessen the range of motion, shorten the time you hold the position, or do not do the exercise.**



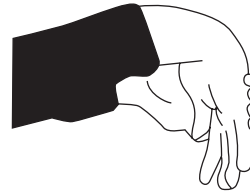
Hold both hands out in front of you and stretch them for a few seconds, spreading the fingers until you feel a gentle stretch.



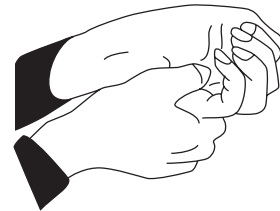
Hold both hands out in front of you and curl your fingers and thumbs under at the first knuckle. Hold a few seconds.



With your arms out straight in front of you, raise your right hand so your palm is facing away from you and place the palm of the left hand on the fingers of the right. Press the fingers toward you with the left hand and hold for a few seconds so you feel a gentle stretch in the bottom of the wrist of the right hand. Change hands and repeat.



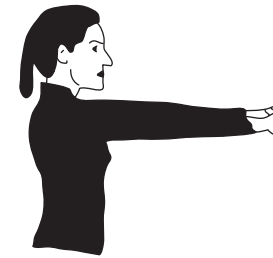
With your arms out straight in front of you, drop the right hand down so it's bent at the wrist. Place the left hand on the knuckles of the right, press toward you and hold for a few seconds until you feel a gentle stretch in the top of the right. Change hands and repeat.



Hold your left hand in front of you, palm up, and use your right hand to massage your left. Massage the inside and outside of the hand and between the fingers. Change hands and repeat.



Raise your arms over your head and lace your fingers together. Then turn your wrists so that your palms face toward the ceiling and lift your arms straight above you until you feel a gentle stretch. Hold for a few seconds.



With your arms straight in front of you, lace your fingers. Then turn your hands down and over so your palms are facing away from you and press until your arms are straight. Hold for a few seconds to feel a gentle stretch.



Wrap one arm around you and place the wrist to rest on the opposite shoulder. Place the palm of the other hand on the elbow, press gently towards you and hold for few seconds to feel a gentle stretch. Repeat on the other side.



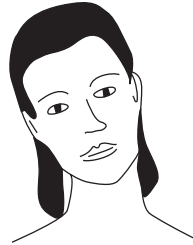
Raise your right arm above your head, then bend at the elbow so that your right hand is behind your head. Place your left hand on your right elbow and gently pull your right elbow behind your head. Place your left hand on your right elbow and gently pull your right elbow behind your head until you feel a stretch. Repeat on the other side.



Tilt your head forward and hold for a few seconds until you feel a gentle stretch in the back of your neck.



Tilt your head back and hold for a few seconds until you feel a gentle stretch in your throat.



Tilt your head to one side and hold for a few seconds until you feel a stretch in the side of your neck. Repeat on the other side.

Important to Remember:

Introduce breaks into your work to permit recovery and restoration, and do this at a frequency that does not allow pain or discomfort to develop. No schedule of rest breaks is universal, but as a general guideline, take a 1 or 2 minute “micro break” every 10 to 15 minutes. Take a 5 to 10 minute “mini break” every hour. Every few hours get up and do some alternative activity. Using an electronic device or other reminder is helpful to make sure that you take breaks at these intervals rather than waiting for fatigue or discomfort. During breaks, do these stretches to relax muscles.

The information in this document has been adapted from Stretch Breaks you can do at your Desk, a publication of the MIT Medical Department, DO-2300a(r-1)

Stretch Breaks



you can do on the job