

MICRO-BREAKS

*Stretch 5-10 seconds every 30 minutes

*No pain should be felt during stretches. If any stretch hurts, reduce intensity or stop stretch.

Shoulder Shrugs

STEP 1) Arms relaxed by your side

STEP 2) Slowly roll shoulders straight up towards your ears

STEP 3) Squeeze shoulders together, and let them roll down and back; movement should be smooth and circular, and should take 3-5 seconds; a mild, comfortable stretch should be felt through your shoulders and lower neck

STEP 4) Repeat 5 times



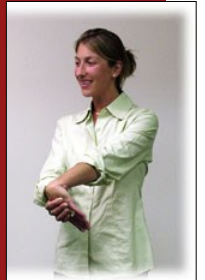
Wrist Extensor Stretch

STEP 1) Straighten arm in front of you

STEP 2) Point fingers towards floor

STEP 3) Use opposite hand to mildly stretch the right wrist further; slowly rotate fingers to point away from body. A mild *comfortable* stretch should be felt through the top of forearm

STEP 4) Hold 10 seconds and switch sides



Wrist Flexor Stretch

STEP 1) Straighten arm in front of you

STEP 2) Bend wrist backwards, point fingers up

STEP 3) Use opposite hand to mildly stretch the bending wrist further. A mild, *comfortable* stretch should be felt through the bottom of forearm

STEP 4) Hold 10 seconds and switch sides



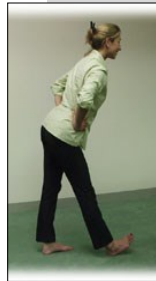
Hamstring Stretch

STEP 1) Standing, put leg straight out in front of you (can be performed with your heel on 2-6" step or flat on ground)

STEP 2) Lift toes on front foot up so only heel touches the ground or step

STEP 3) Keeping your back as straight as possible, bend forward from your hip. A mild, *comfortable* stretch should be felt at the back of your thigh.

STEP 4) Hold stretch for 10 seconds, release slowly, and switch sides.

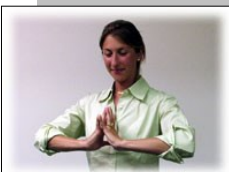
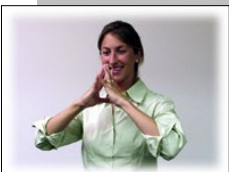


Prayer Stretch

STEP 1) Place fingertips together in a prayer position (no other part of your hand should touch)

STEP 2) Slowly move hands down from eye level to chest level; slowly rotate fingers to point towards your chest; a mild, *comfortable* stretch should be felt through your fingers, hands and wrist

STEP 3) Hold stretch for 10 seconds, release slowly, and repeat 2-3 times



Standing Back Bend

STEP 1) Place hands on hips and feet shoulder width apart; slowly lean backwards

STEP 2) Look up towards the sky, hold for 10 seconds. A mild, *comfortable* stretch should be felt through low and mid-back

STEP 3) Hold stretch for 10 seconds, release slowly

