

Micro-Breaks

*Stretch approximately **10 seconds every 30 minutes**
*No pain should be felt during the stretch. If any stretch hurts, reduce the intensity or do not do the stretch at all

Environment, Health and Safety Department

For further micro-break exercise ideas or questions
contact Michelle Discher @ mdischer@fpm.wisc.edu
or phone 890-0320



To reduce **Hand and Forearm** fatigue

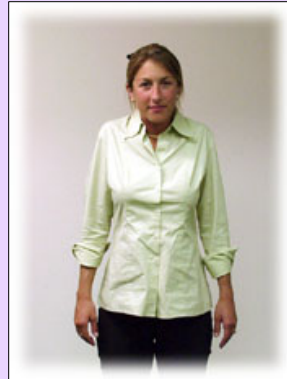
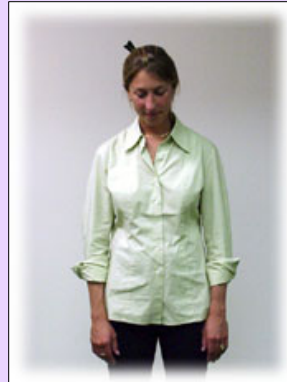
Wrist Extensor Stretch



- STEP 1)** Straighten your right arm out in front of you
- STEP 2)** Point your fingers towards floor
- STEP 3)** Use your left hand to mildly stretch the right wrist further; slowly rotate right fingers to point away from your body; a mild *comfortable* stretch should be felt through the top of your forearm
- STEP 4)** Hold 10 seconds
- STEP 5)** Switch sides

To reduce **Upper Back and Neck** discomfort

Shoulder Shrugs



- STEP 1)** Stand or sit straight up; arms relaxed by your side
- STEP 2)** Slowly roll shoulders straight up towards your ears
- STEP 3)** Then 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 Flexor Stretch

- STEP 1)** Straighten your left arm out in front of you
- STEP 2)** Bend your wrist backwards, point your fingers up
- STEP 3)** Use your right hand to mildly stretch the bending wrist further; a mild, *comfortable* stretch should be felt through the bottom of your forearm
- STEP 4)** Hold 10 seconds
- STEP 5)** Switch sides



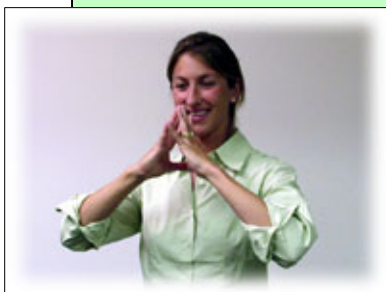
To reduce **Lower Back** discomfort

Hamstring Stretch



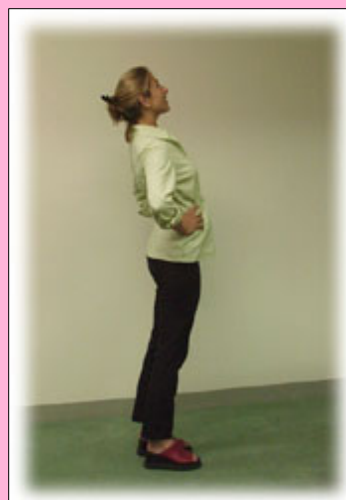
- STEP 1)** Standing, put your left leg straight out in front of you (can be performed with your heel on 2-6" step or flat on ground)
- STEP 2)** Lift your left toes up so only your heel touches the ground or step
- STEP 3)** Keeping your back as straight as possible, bend forward from your hip; a mild, *comfortable* stretch should be felt at the back of your thigh
- STEP 4)** Hold stretch for 10 seconds, release slowly
- STEP 5)** Switch sides

Prayer Stretch



- STEP 1)** Place your 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
- STEP 4)** Repeat 2 to 3 times

Standing Back Bend



- STEP 1)** Place your hands on your hips and your feet shoulder width apart; slowly lean backwards
- STEP 2)** Look up towards the roof, hold for 10 seconds; a mild, *comfortable* stretch should be felt through your low and mid-back
- STEP 3)** Hold stretch for 10 seconds, release slowly