**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*

**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

**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

**To reduce Hand and Forearm fatigue**

**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 right wrist further; slowly rotate right fingers to point away from your body; a mild, comfortable stretch should be felt through the bottom of your forearm

**STEP 4)** Hold 10 seconds

**STEP 5)** Switch sides

**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 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

**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

Environment, Health and Safety Department

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