



FIT FOR LIFE
PHYSICAL THERAPY

Work Station Microbreak Stretch Routine

These Micro-break stretches and movement patterns are designed to provide the body a brief break from the stress the body has to endure during prolonged static posturing. It is advised to perform this sequence of stretches every 30 minutes during a work day.

***** Before starting this program, please consult with your primary healthcare professional if you had any recent injuries, surgeries, or medical conditions, or if any of these movements cause you pain *****



1. Scoot away from the desk and gently bend forward, relax the head and stretch the low back for 7 seconds.



2. Stand up, put your hands on your hips, tighten your buttocks then inhale and lean backwards. Open the back up further by raising your arms and gently stretch your shoulders. Hold for 3 seconds. Exhale and release.



3. Hold one arm out in front with palm facing down, and stretch your forearm muscles by using your other hand to pull the wrist back until you feel a stretch. Hold for 7 seconds, then reverse the direction. Repeat on other arm.



4. Stand tall and gently turn your head as far as you can to one side, hold it 2 seconds, then turn to the other side. Repeat 3 times/ side.

5. Stand tall and gently bend your head one side, feeling a stretch. Hold it 2 seconds, then bend to the other side. Repeat 2 times/ side.

6. Reach across your body and rotate your upper body on the hips, looking over your shoulder. Hold for 5 seconds, then reverse sides.

7. Inhale, reach your arms out to your sides, raise your chest, slightly look up, feeling a stretch in front of your shoulders and chest. Hold for a 3-5 seconds, then exhale and release.



8. Step back with one foot, bend the front knee, and gently press your hips towards the floor to feel a stretch in your groin and the back of your calf muscle. Hold for 7 seconds, then reverse sides.

9. High march for 10 steps per leg to raise your heart rate slightly, then return to your desk to continue with your work.