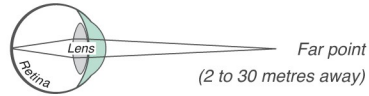


Stretch Exercises

- Take micro-breaks of 3-4 mins every 30-45 mins to stay comfortable and effective.
- Short, simple stretches can be done during micro-breaks.

Stretches should be performed in conjunction with regular movement breaks.

E Eyes:



DETAILS

- Blink your eyes and focus on a far object

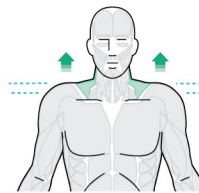
N Neck:



DETAILS

- Pull and hold your chin inwards
- Relax your shoulders

S Shoulders:



DETAILS

- Raise your shoulders upwards to their highest points
- Relax your arms

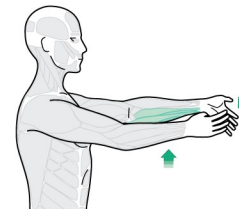
B Back/Chest:



DETAILS

- Cross your arms and raise your hands to rest on the front of your shoulders
- Gently squeeze your shoulder blades together and keep your elbows down

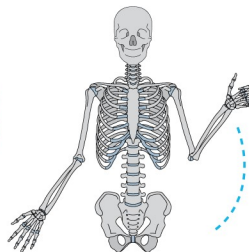
F Forearms:



DETAILS

- Raise your arms in front of your body
- Use the fingers of one hand to very gently pull the palm of the other hand backwards

+ Tips:



+ Why stretch? -- Stretching:

- increases range of joint movement (flexibility)
- increases muscle relaxation (less tight muscles)
- improves force production
- improves circulation
- improves recovery from injury

- Warm up (prepare) muscles before stretching by walking or doing other gentle movements for:

- waking up your body
- increased blood flow to muscles
- decreased stiffness of connective tissue

- Start slowly and perform all stretches gently (never stretch to point of pain)
- Breathe slowly and rhythmically
- Use proper posture when stretching
- Slowly increase your stretch as you feel your muscles relax

IMPORTANT

These exercises are provided as a guide to perform during regular micro-breaks taken throughout the day. These stretches alone will not prevent discomfort and injury arising. If you have any pain symptoms while your work, contact immediately.

