MICROBREAKS

What is a MicroBreak?

A quick time out from your workstation to stretch muscles in the neck, shoulders, and back.
HINT: Whatever position you are in at your workstation, complete the opposite motion in your MicroBreaks.

Why are MicroBreaks important?

These quick time outs to stretch will help in reducing chronic pain and overuse injuries known as Cumulative Trauma Disorders. Sitting or standing for long periods of time in one position can cause the body to fatigue and tighten in the areas constantly under stress.

When should MicroBreaks be done?

MicroBreaks should be completed every 30-40 minutes throughout the workday and should only last 1-2 minutes.

What are the repetitions for each stretch?

Each stretch should be held for about 10 to 15 seconds. Complete each stretch 3 times per body part/side.

REHABWORKS
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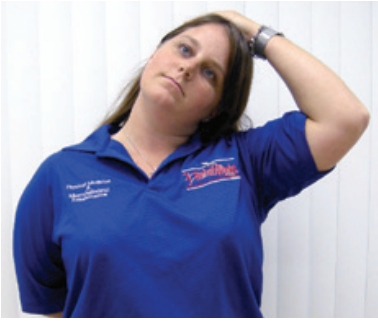

Neck- Assume position shown with arm behind back, pull head to opposite side with other hand.

Chin Tucks- Tuck chin in and pull head straight back, without looking down (produce a double chin).

Shoulders- Shrug shoulders up, roll back pinching shoulder blades together, come back to neutral.

Doorway Stretch- Assume position shown, elbows level with shoulders, lean forward. Complete with single arm as needed.

Wrist- Keeping arm straight, bend wrist with opposite hand until stretch is felt. Complete in both directions.

Lower Back- Place both hands on hips and slowly lean backward.