

Preventive Stretching Program

Micro-Break Stretches



For standing or sitting tasks;
breaks up long tasks and provides an active rest
period.

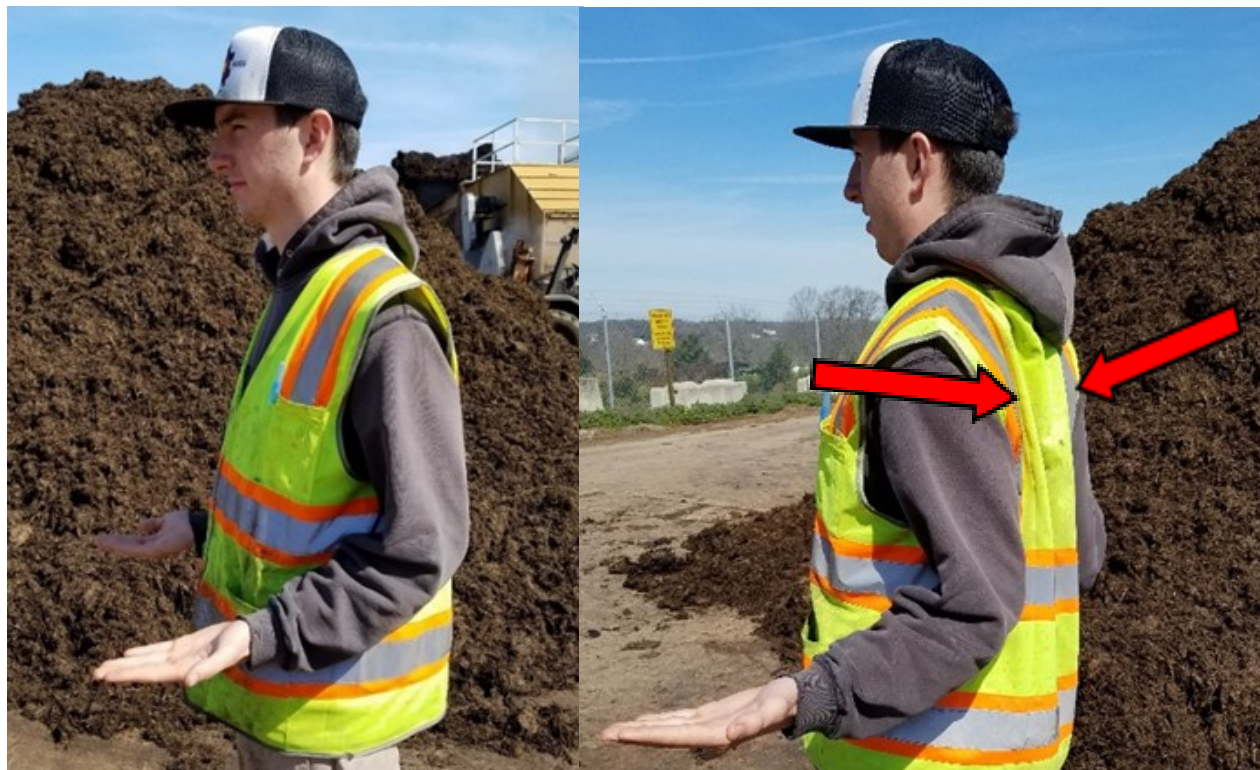
Hold for 20-30 seconds; perform 3 repetitions.

Choose stretches for:

Most used posture during tasks.

Relax muscles or what feels good to you.

No Money



High Five



Armpit



Neck Rotation



Perform 5 reps; DO NOT HOLD!

Neck Side Bend



Neck Glide



Perform 5 reps; DO NOT HOLD!

Arm Cross



Back Scratcher



Wrist Extensor



Wrist Flexor, 3 ways



Back Bend



Perform 5 reps; DO NOT HOLD!

Wrist Dip



Standing Hamstring



Knee



Hip Dip



Perform 5 reps; DO NOT HOLD!

Lower Leg



Hip Opener stand or sit

