

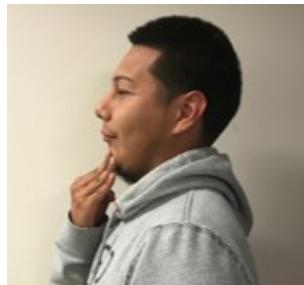
# Micro-Break Stretches



Regardless of standing or sitting to perform a task, the practice of micro-breaks is an important part of work-rest cycles to help break up high repetition tasks or long duration static postures. Take the time to pause through tasks to use one stretch or movement as a mini break for your body. For awkward static work posture, choose a stretch or movement that is the opposite of the posture or position that you were working in. For high repetition tasks, choose a stretch or movement that will stretch the muscles that were being used.

## Neck Glide

Keep head level (looking forward) and pull chin towards the back - do not hold this movement. Repeat for 5 repetitions.



## Armpit Stretch

Start with the head/neck relaxed, turn head to the right, half turn. Bring chin down to chest in line with the arm pit, reach same arm up to apply light pressure downward. Repeat to the opposite side. If needing a greater stretch, place the opposite arm behind your back. Hold 20-30 seconds, repeat for 3 repetitions.



## High Five Stretch

Find an open doorway or post to place the arms against. One arm at a time is ok. Place the arm up in a high five position. Take a step forward while leaving the arm against the doorway or post. Hold 20-30 seconds, repeat for 3 repetitions.



## Arm Cross Stretch

Cross the right arm across your chest while grabbing it with the left hand. Try to keep the shoulder back while applying pressure with the left hand. Hold 20-30 seconds, repeat for 3 repetitions each side.



## Back Scratcher

Starting with the right arm, raise the right arm back behind your head as if to scratch your back. With the left hand applying a light amount of pressure. Hold 20-30 seconds, repeat for 3 repetitions on both sides.



## Back Bend Stretch

Place hands on hips, slightly lean back while keeping the knees straight. Return to starting position. Repeat for 5 repetitions, Do Not Hold.



## Neck Rotation

Starting on the right side, turn your head to the left as far as you can go with a smooth motion. Repeat to stretch the left side by turning your head to the right. Repeat for 5 repetitions on each side. Do not hold.



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Start with the elbows bent and at your sides with palms facing up. Slightly rotate the palms out to the side while pinching the shoulder blades together and down. Hold 20-30 seconds, repeat for 3 repetitions.

### Hip Dip Stretch

Find a solid, stable wall. Starting on the right side of the body next to the wall, place the right arm on the wall and cross the right leg behind the left. Keeping the right foot planted on the ground, dip the hips toward the wall in a smooth motion. Repeat for 5 repetitions on each side, Do Not Hold.



### Neck Side Bend

Start with the head/neck relaxed, bend the head to the left trying to put the ear to the shoulder. Reach the same arm up to apply light pressure downward. Repeat to the opposite side. If needing a greater stretch, place the opposite arm behind your back. Hold 20-30 seconds, repeat for 3 repetitions.



### Knee Stretch

Begin with feet less than shoulder width apart or together, hold onto a chair, desk or nearby wall, starting with the right leg, bring the foot back and grab the ankle with the same hand. Pull up trying to bring heel to buttock. Hold 20-30 seconds, repeat for 3 repetitions on both sides.



### Wrist Flexor Stretch, 3-ways

Start with the right arm out in front of body with the palm down, bend wrist up to point fingers toward the ceiling. Apply gentle pressure to the palm of the hand with the left hand. Switch and repeat on the left. If needing a greater stretch perform the progression to palm up, elbow straight with pressure to the palm of the hand or grabbing the thumb with light pressure. Hold 20-30 seconds, repeat for 3 repetitions on both sides.



### Standing Hamstring Stretch

Start with the right leg, place heel on the floor with toes pointing up, gradually hinge from the hips with the back straight trying to put the stomach on the thigh. Stretch will be felt in the back of the leg. Hold 20-30 seconds, repeat for 3 repetitions on both sides.



### Hip Opener

In a standing and holding on to a stable surface, or sitting in a chair. Start with the right leg, cross the right leg over the left to put the right ankle to the left knee. Try to keep the back straight while slightly pressing down on the right knee. For a greater stretch while standing, try to begin bending the left knee. Hold 20-30 seconds, repeat for 3 repetitions on both sides.



### Wrist Dip

Start with the right arm out in front of body with the thumb tucked into the palm. Make a fist with the thumb inside of closed fingers, tip wrist down toward the floor simulating pouring of a jug of milk. Switch to the left and repeat, or perform together. Hold 20-30 seconds, repeat for 3 repetitions.



### Lower Leg

Hold onto a chair or place hands on a wall for balance, start with the right leg, stepping back, keep heel of back leg on the ground and knee straight. Lean forward until a stretch is felt in the lower leg. Hold 20-30 seconds, repeat for 3 repetitions.