

Stretch-Break Exercises

The following exercises are meant to be done during your work day, every two to three hours, 3-4 repetitions daily when performing tasks which require sitting or standing for long periods of time, repetitive bending, reaching, or repetitive use of your hands.

Perform these exercises 5-10 repetitions each, to the point of stretch, not pain. Hold each position for a count of five and relax before repeating. These techniques should be pain-free and should not be performed if you have a history of joint problems or other medical conditions, unless directed by a licensed Physical Therapist.



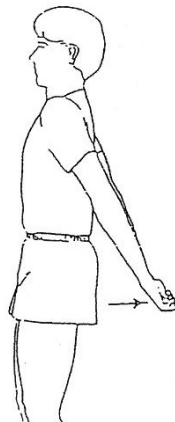
While seated, arch your back while tucking your chin, tighten your stomach muscles, relax.

Stretch is felt in neck and low back.



Stand with hands on hips. Lean backward slightly keeping knees straight.

Stretch is felt in low back.



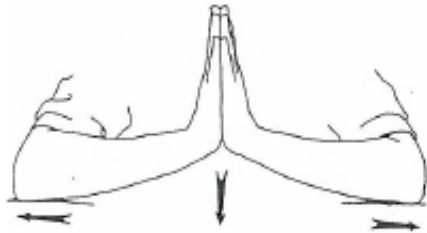
While standing, place your hands behind your back with palms turned outward. Move arms away from body.

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Stretches continued on back...

Stretches Continued



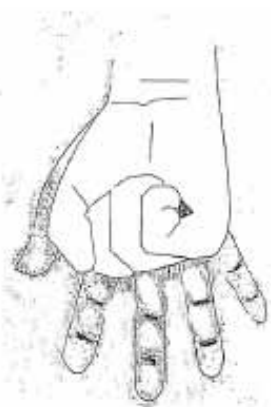
Wrist Extension Stretch:

Sitting with elbows on table and palms together, slowly lower wrists to table until a stretch is felt. Be sure to keep palms together throughout the stretch.



Wrist Extensor Stretch:

Keeping elbow straight, grasp involved hand and slowly bend wrist down until a stretch is felt.



Finger Stretch:

With arms relaxed at your sides, slowly make a fist, then stretch your fingers wide.



Finger Extension with Thumb Abduction with Rubber Band:

With rubber band around thumb and specific finger (or all fingers) and hand held slightly cupped, gently spread thumb and finger(s) apart.

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schedule an appointment
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