

Take a Break! Try these 10 exercises if you sit frequently at work.



Chin Tucks

- **Setup:** Begin sitting or standing in an upright position
- **Movement:** Sit up tall, look ahead, draw chin inward as if creating a “double chin” and hold
- **Tip:** Eyes should be fixated forward. Make sure you do not look downward



Shoulder Squeezes and Depression

- **Setup:** Stand or sit in upright position with your normal posture.
- **Movement:** Draw arms backward and squeeze your shoulder blades together.
- **Tip:** You should feel the muscles between shoulder blades engaging. Combine this with the chin tuck exercise.



Trunk Flexion

- **Setup:** Begin standing with your back against a wall
- **Movement:** Slowly lean forward while your glutes remain in contact with the wall
- **Tip:** You should feel a stretch in your lower back and back of your thighs. Only go as far down as you feel comfortable. You may use your hands to climb up thighs when returning to standing



Sidebend with Arm Overhead

- **Setup:** Begin in an upright position and one arm positioned in a “throwing” position. If standing, cross the same side leg back.
- **Movement:** Slowly lean your torso opposite of the raised arm with the raised arm moving overhead.
- **Tip:** You should feel a stretch along the side of your torso. Do not let your trunk bend forward or backward



Shoulder Y's

- **Setup:** Begin in an upright position with arms crossed at waist level in front of you and thumbs facing back.
- **Movement:** Raise both arms overhead and into a “touchdown” position
- **Tip:** You should feel muscles between shoulder blades engage and a mild stretch at the chest. Keep your shoulders down.



Hip Flexor Stretch

- **Setup:** Begin in a staggered stance position with one leg forward and one leg behind
- **Movement:** Gently shift your weight forward while keeping the back straight. Consider squeezing glutes while shifting forward
- **Tip:** You should feel a stretch at the front of the thigh of the trailing leg. Avoid overarching the back when shifting forward



Multi-direction Kicks

- **Setup:** Begin in an upright position next to a wall for balance.
- **Movement:** Gently swing one leg forward and backward, then side to side while using the wall for balance. Switch to the opposite side.
- **Tip:** Keep your feet facing forward when swinging your leg. Go slowly.



Wrist Extension

- **Setup:** Begin in a standing or sitting with one arm in front of your body and palm facing upward.
- **Movement:** With your opposite hand, gently pull down hand and fingers while keeping the elbow straight
- **Tip:** You should feel a stretch along the forearm. Do not apply too much pressure. Stop if you feel tingling or pain.



Finger Extension

- **Setup:** Begin with palm facing downward on a table with the hand relaxed
- **Movement:** Gently lift each finger
- **Tip:** You should feel a gentle stretch in the hand/finger.



Thenar Massage

- **Setup:** Begin with hand relaxed in a seated or standing position
- **Movement:** With your opposite hand, gently massage the thenar eminence (muscles between your thumb and index finger)
- **Tip:** Do not apply a lot of pressure as gentle massage is sufficient. This is good to do if you are doing lots of typing, lab work, or repetitive motions with the hands.

If you experience any pain, numbness or tingling, discontinue the exercise and contact your healthcare provider.