



# ERGO INSIGHTS



(970) 491-2724

ERGO@COLOSTATE.EDU

RMI.COLOSTATE.EDU/ERGONOMICS

**Welcome to the Ergo Insights: Your Source for  
Ergonomic Wellness!**

## **Quick Stretches to Relieve Tension During Microbreaks**

In today's fast-paced work environment, it's easy to overlook the toll that prolonged sitting and repetitive motions can take on our bodies. Incorporating quick ergonomic exercises into your microbreaks can help alleviate tension, improve posture, and enhance overall well-being. Here are some simple stretches and exercises you can do right at your desk:

### Neck Stretch

**How to do it:** Sit up straight and gently tilt your head to one side, bringing your ear toward your shoulder. Hold for 15-20 seconds, then switch sides.

**Benefits:** Relieves tightness in the neck and shoulders.

### Shoulder Rolls

**How to do it:** Sit or stand with your arms at your sides. Roll your shoulders forward in a circular motion for 10 repetitions, then reverse the direction.

**Benefits:** Releases tension in the shoulders and upper back.



## Wrist and Finger Stretch

**How to do it:** Extend one arm in front, palm facing up. With the other hand, gently pull back on your fingers. Hold for 15-20 seconds and switch hands.

**Benefits:** Reduces strain from typing and mouse usage.

## Seated Torso Twist

**How to do it:** Sit up straight in your chair. Place your right hand on the back of your chair and twist your torso to the right, holding for 15-20 seconds. Repeat on the left side.

**Benefits:** Increases spinal flexibility and alleviates lower back tension.

## Forward Bend

**How to do it:** Stand with feet hip-width apart. Slowly bend forward at the hips, letting your arms hang toward the floor. Hold for 15-20 seconds, feeling the stretch in your hamstrings and lower back.

**Benefits:** Relieves tension in the back and legs.

Integrating these quick ergonomic exercises into your daily routine can help combat the physical strain of desk work. Aim to take a microbreak every hour to stretch, move, and reset your body. Not only will this improve your physical comfort, but it can also enhance your focus and productivity throughout the day. Remember, a few minutes of stretching can make a world of difference!

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