

ERGONOMICS QUICK STRETCH GUIDE

"Motion is Lotion" - Short Breaks, Big Results

Take a 1-2 minute break every ~30 minutes during repetitive tasks to relieve fatigue and prevent strain.



Hand/Wrist Flexor

Extend one arm straight, palm up. Use your other hand to gently pull your fingers toward your body. Hold for 10-15 seconds per side.



Hand/Wrist Extensor

Extend one arm straight, palm down. Bend wrist and point fingers down. Gently pull the back of your hand toward your body. Hold for 10-15 seconds per side.



Upper Back/Shoulder (Hug)

Wrap arms across your chest and grasp your shoulders. Gently pull shoulders forward to stretch the upper back. Hold for 10-15 seconds.



Neck Side Bend

Slowly and gently tilt head to one side, aiming your ear toward your shoulder (without lifting shoulder). Hold for 5-10 seconds per side. Do not roll neck.



Trunk Twist

While seated (feet flat) or standing, turn upper body gently to look over one shoulder. Hold for 10 seconds per side.



Wrist Shake & Finger Splay

Shake out hands and wrists loosely for 10 seconds. Then, spread fingers wide and hold for 5 seconds to relieve tension. Repeat 3 times.

