

TAKE 5

Part 1: *Sitting or working in one position for an extended period of time may cause minor muscle tension and aches, reduce circulation and cause fatigue. Take a moment to add some movement and stretching into your day, and get more energized.*

Source: <https://www.osha.gov/SLTC/etools/computerworkstations/workprocess.html>



Shoulder Packing

May help prevent shoulder and neck discomfort, may strengthen upper back muscles.

Stand or sit in an upright position pulling in your abdominal muscles. Bring the shoulders up and exhale as you roll your shoulders down and back. Avoid arching your back. Hold for 5-10 seconds. Repeat.

Source: <https://www.acefitness.org/acefit/exercise-library-details/8/205/>

Side Neck Stretch

May help prevent shoulder, neck discomfort and help promote healthy posture.

Looking straight ahead, tilt your left ear to your left shoulder and apply slight pressure to your head with your left hand. Hold for a few breaths. Relax and repeat on the right side.

Source: <http://www.acefitness.org/acefit/healthy-living-article/60/3785/5-workday-stretches-that-relax-your-mind-and-body/>

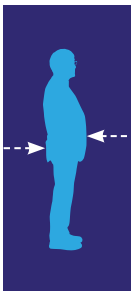


Pelvic Tilts

May strengthen the abdominals and stretch lower-back muscles.

Stand against a wall or lie on the ground and bend your knees. Tighten the glutes and abdomen muscles and tilt the pelvis upward so you are flattening your back. Hold for a few breaths. Relax and repeat.

Source: <https://www.acefitness.org/acefit/healthy-living-article/60/5131/core-strengthening-exercises-that-help-with/>



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Part 2: High repetition tasks or jobs that require long periods of static posture may cause stiffness. Try short rest breaks (micro breaks) that may include standing, stretching and moving around. This could offer rest and enough muscle recovery time.

Source: <https://www.osha.gov/SLTC/etools/computerworkstations/workprocess.html>



Standing Thigh Stretch

Helps stretch the front of the thigh and hip.

Standing upright, hold onto your desk and grab your right ankle. Bring your foot close to your buttocks while keeping your knees parallel. Hold the stretch for 15 seconds. Relax and repeat with your left leg.

Source: <http://www.mayoclinic.org/healthy-lifestyle/adult-health/multimedia/stretching/sls-20076525?s=8>

Seated Figure Four Stretch

May help stretch the glutes and the external rotators of the hip.

Sit upright in your chair and cross your right leg over the left. Lean slightly forward. Hold the stretch for a few breaths. Relax and repeat with your left leg.

Source: <http://www.acefitness.org/acefit/healthy-living-article/60/3785/5-workday-stretches-that-relax-your-mind-and-body/>



Forearm Stretch

Helps stretch the forearm musculature.

Hold the right arm out straight in front of you with the palm facing down. Apply slight pressure with the left hand on the right wrist pushing the hand towards you. Hold for 15 to 30 seconds. Repeat with the left side.

Source: <http://www.mayoclinic.org/healthy-lifestyle/adult-health/multimedia/forearm-stretches/vid-20084698>



Talk with your doctor before starting new activities or significantly increasing your activity level. Not all exercises are right for all people, especially if you have any musculoskeletal or other medical conditions. Ask your doctor what activities may be best for you.

This health and wellness program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this health and wellness program is for informational purposes only and provided as part of your health and wellness. The health and wellness team is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law and may be used to provide health and wellness recommendations as applicable. The health and wellness program is not an insurance program and may be discontinued at any time.

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