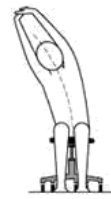
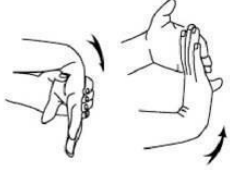



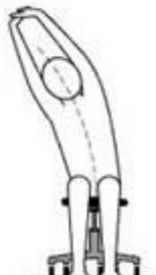




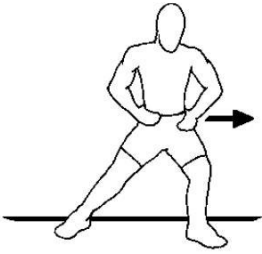




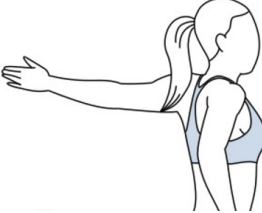
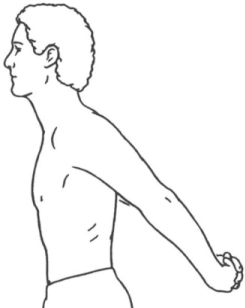
Stop & Take an **ERGO** Break

#10: Recap



<p>Wrist Flexion/Extension</p> 	<p>Grasp hand and hold fingers with the other hand. Slowly bend wrist down until you feel a stretch. Hold for 3 – 5 sec. Relax. Then slowly bend your wrist up until you feel the stretch. Hold & relax.</p> <p>Repeat 2 – 3 times.</p>
<p>Side Neck Rotation</p> 	<p>Drop your head slowly to the left, trying to touch your left ear to your left shoulder. Hold for 5 – 10 sec. Repeat on the right side. Slowly drop your chin to your chest, turn your head all the way to the left and then turn all the way to the right.</p> <p>Repeat 2 – 3 times.</p>
<p>Shoulder Shrug</p> 	<p>Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3 – 5 sec. Then relax your shoulders downward into their normal position.</p> <p>Repeat 2 – 3 times.</p>
<p>Shoulder Roll</p> 	<p>Sit on chair, feet flat on the floor. Allow the spine to lengthen. Inhale and lift your shoulders up and back. Exhale, bring them down. Repeat 4-5 times and come back to center.</p> <p>Place your hands on your shoulders, bring the elbows together in front of the chest, then up to the ceiling, back as far as possible and then down. Feel the free movement of the shoulder blades. Repeat several times, slowly and deliberately using your full range of movement.</p>
<p>Back/Side Stretch</p> 	<p>Interlace your fingers and lift your arms over your head, keeping the elbows straight. Press arms as far back as you can. To stretch your sides, slowly lean to the left and then to the right. Hold for 10 – 15 sec.</p> <p>Repeat 2 -3 times on each side.</p>

<p>Quadriceps Stretch</p> 	<p>Stand near a wall or a piece of sturdy exercise equipment for support. Grasp your ankle and gently pull your heel up and back until you feel a stretch in the front of your thigh. Tighten your stomach muscles to prevent your stomach from sagging outward, and keep your knees close together. Hold for about 15 – 20 sec.</p> <p>Repeat 2 – 3 times on each leg.</p>
<p>Hamstring Stretch</p> 	<p>Sit forward on the chair so that your back is not touching the chair's back. Place feet flat on the floor. With a straight leg, lift one foot a few inches off the floor. Hold for about 15 – 20 sec, and return your foot to the floor.</p> <p>Repeat 2 – 3 times on each leg.</p>
<p>Seated Glute Stretch</p> 	<p>Sit on chair or bench with ankles positioned below knees. Cross lower leg over thigh of opposite leg. Lean down, lowering torso toward thighs. Spine may be kept straight. Pelvis may be tilted forward to intensify stretch. Hold for about 15 – 20 sec.</p> <p>Repeat 2 – 3 times on each leg.</p>
<p>Gastrocnemius Stretch</p> 	<p>Stand facing a wall and use your hands to support you. Put the leg that you are stretching behind. Keep your back knee straight and the heel on the ground. Make sure your foot is facing straight ahead and not turned out. Feel the stretch in your calf muscle. Hold for about 15 – 20 sec.</p> <p>Repeat 2 – 3 times on each leg.</p>
<p>Side Lunge Stretch</p> 	<p>Stand with feet far apart, toes pointed 45° outward. Lunge toward one side. Allow foot of straight leg to point upward with heel on floor. Keep back straight during stretch. Hold for about 15 – 20 sec.</p> <p>Repeat 2 – 3 times on each leg.</p>
<p>Abductor Stretch</p> 	<p>Stand near a wall or a piece of sturdy exercise equipment for support. Stand sideways to the fence and hold on with your inside hand. Slide your outside leg behind the inside leg and then lean in towards the fence. Feel the stretch on your outside hip and do it on both sides. Hold for about 15 – 20 sec.</p> <p>Repeat 2 – 3 times on each leg.</p>

<p>Pectoral Muscle</p> 	<p>Place your hand in the doorframe while keeping one elbow bent. Slowly rotate your body away from your hand, so you feel a gentle stretch along your pectoral muscles. Be sure to keep the weight of your body in your legs – don't push against the door frame. If you need to step forward a bit, that's ok. Hold for 20 seconds, release, and repeat on the other side.</p>
<p>Pectoral Muscle</p> 	<p>Place one palm on the wall so it's in line with your shoulder, and point your fingers behind you. While keeping your hand firmly planted on the wall, open your other shoulder by rotating away from the wall until you feel a stretch. You may want to bend your other arm to deepen the stretch. Hold for 30 seconds, release, and repeat on the other side.</p>
<p>Deltoid Muscle</p> 	<p>Bring your arms back and squeeze your shoulder blades together and down. Keep yourself in a good postural alignment, looking forward. Hold for 15 seconds, release, and repeat on the other side.</p> <p>Repeat sequence 5 times.</p>