

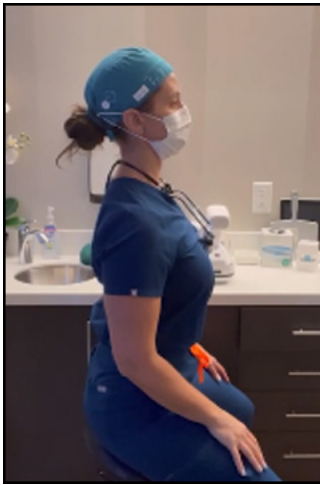


Perfect Posture Mechanics: Part I

Microbreaks Supplemental Guide¹⁶

Stretch	Why	Steps
 <p>Trapezius Stretch</p>	<p>Overuse and continued contraction of the Trapezius muscles.</p>	<ol style="list-style-type: none"> 1. Point one hand down toward the ground. 2. Take the other hand and pull head gently down towards the opposite side. 3. Hold 20 seconds. <p>This stretch will be felt along the side of the neck and into the shoulder. Keep tension in arm that is pointing towards the ground.</p> <p>Switch sides and hold 20 seconds.</p> <p>*If stretching while with a patient (gloves on), you can do the same stretch without placing the arm on the head. You would gently put your head to the side.</p>
 <p>Pectoral Stretch</p>	<p>Pectoral muscles are often tight from forward head posture or reaching in front of body. Muscles become short and tight and pull the shoulders forward, this lengthens and weakens muscles in back.</p>	<ol style="list-style-type: none"> 1. Clasp hands behind the back while pointing the hands down towards the floor. 2. Roll shoulders back 3. Hold 20 seconds.



Cervical Retraction Stretch
(Chin Tuck)

Counteracts the effects of forward head posture, improved muscle memory and strengthens muscles in the back. This helps to hold head in neutral posture.

1. Lift through crown of the head.
2. Move your head horizontally back towards your spine.

Recommended: 1 set of 15 reps daily



Wrist Flexor/Extensor Stretch

Excessive grip and pinch force create pressure in the carpal tunnel and muscle fatigue in forearm.

Flexor Stretch:

1. Extend arm out in front.
2. Make a fist.
3. With the opposite hand pull the fist down towards the floor.
4. Hold for 20 seconds each arm.

Extensor Stretch:

1. Arm extended out with palm facing up.
2. Use the opposite hand to pull the fingers down towards the floor.
3. Hold for 20 seconds each arm.



Low Back Flexor Stretch

For lower back issues, from standing a lot or twisting while sitting.

1. Place hands on the low back or the top of the hips.
2. Gently push pelvis forward.
3. Hold 20 seconds.



Prayer Stretch

Reduce pressure in carpal tunnel and fatigue in forearms.

Prayer Stretch:

1. Hold hands in front of face.
2. Slowly bring them down in front of chest.
3. Maintaining light pressure in between the hands.
4. Hold for 20 seconds.

Reverse Prayer Stretch:

1. Place the backs of the hands together in front of abdomen.
2. Slowly bring them up in front of chest.
3. Hold for 20 seconds.