

Interrupt & Recover

Seated Work

 **GOAL:** Recover from static positioning.

WHY?

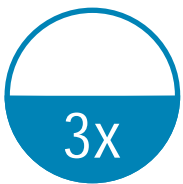
Interrupting sedentary work with regular movement and recovery exercises increases alertness; and reduces muscle tension, soreness and the potential for injury.



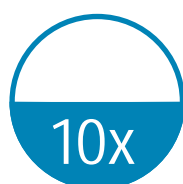
1 Release Tension

2 Mobilize Shoulders and Upper Back

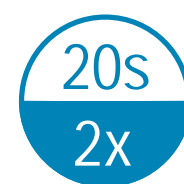
3 Release Tension



Seated Figure 4
 Sit upright and rest right ankle across left knee. Hinge forward slightly and gently press right knee against left knee. Repeat 3) times.



Shoulder Hinges
 Bend your elbows and touch your hands to your shoulders or the side of your head. Touch your elbows together in front of you then open elbows as much as possible while keeping your head still. Repeat ten (10) times.



Seated Figure 4
 Sit upright and rest right ankle across left knee. Hinge forward slightly and gently press right knee against left knee. Repeat 2x.



If you experience any pain with these exercises or have any questions about your ability to perform an exercise, check with your doctor.