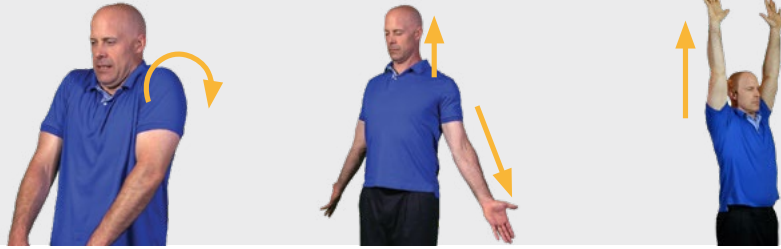


Include movement breaks to reduce static postures

<https://vimeopro.com/ergorisk/swg-reduce-static-posture>



Shoulder Rolls

🔄 Repeat ten (10) times

Keep your arms relaxed at the side of your body and make the movements only with your shoulders. Keep head back with chin slightly tucked.

Anti Slouch Stretch

🕒 Hold two (2) seconds

🔄 Repeat ten (10) times

Extend arms, thumbs pointing back. Squeeze shoulder blades together & down, while raising crown of head up. Keep chin tucked, don't look up.

Overhead Reach

🕒 Hold ten (10) seconds

🔄 Repeat three (3) times

Reach arms up over head as high as you can, and slightly behind your head, if comfortable. Keep chin tucked, don't look up. Take two (2) deep breaths then lower arms.

Take frequent microbreaks to reduce repetitive strain

<https://vimeopro.com/ergorisk/swg-reduce-repetitive-stress>



Forearm Stretches

🕒 Hold ten (10) seconds

🔄 Repeat two (2) times on each arm

Hold one arm out with your elbow straight and palm up. Gently bend your wrist down. Then turn palm down and press on back of hand, bending hand down.

Neck & Shoulder Stretch

🔄 Repeat two (2) times on each side

Reach down with shoulders anchored. Tip ear to shoulder for two (2) breaths, then look down at your hand for two breaths. Then turn your ear towards your chest and look slightly up for two (2) breaths.

Shoulder Hinges

🔄 Repeat three (3) times

Place fingers behind your ears or on your shoulders. Bring your elbows together in front of your chin as far as you can, then open elbows wide and squeeze shoulder blades together.

Stretch and refresh muscles to encourage blood flow

<https://vimeopro.com/ergorisk/swg-encourage-blood-flow>



Hip Hinge

🔄 Repeat fifteen (15) times

Bend your knees slightly and hinge forward, pushing buttocks back. Keep spine in its 3-curve alignment by lightly contracting your core. Keep weight back with knees behind toes.

Hamstring Stretch

🕒 Hold ten (10) seconds

🔄 Repeat two (2) times on each side

Take a small step forward while keeping your weight on the back leg. Slightly bend the back knee and hip hinge while keeping the front leg straight. Take two (2) deep breaths.

Forearm Massage

🕒 Perform for eight (8) seconds

🔄 Repeat two (2) times on each side

Grasp forearm muscle with a firm grip and repeat rotational movements, as if throttling a motorcycle, to perform a deep tissue massage.

Activate muscles to encourage healthy movement patterns

<https://vimeopro.com/ergorisk/swg-encourage-healthy-movements>



Trunk Rotation

🕒 Hold ten (10) seconds

🔄 Repeat three (3) times on each side

Step forward with arms crossed over chest, weight on front leg. Rotate trunk & shoulders towards front leg, keeping hips pointed forward. Take one (1) deep breath then turn back.

Hip Flexor Stretch

🕒 Hold ten (10) seconds

🔄 Repeat two (2) times on each leg

Take a comfortable stride stance with front knee slightly bent, and back leg straight. Reach high overhead and contract glutes on the back leg. Hold for two (2) deep breaths.

Standing Side Bend

🕒 Hold ten (10) seconds

🔄 Repeat three (3) times on each side

Stand with feet apart. Reach overhead and clasp your hands. Gently bend to the side. Hold for one (1) deep breath. Return to the middle then gently bend to the other side.