Taking regular breaks to stretch throughout the day can help prevent work-related pain and injuries.

Get more in-depth resources to help you practice at your best at ADA.org/wellness.

Finger Spreader Wrist Flex Wrist Extension The Rubberband Finger Prayer Stretch Finger Wiggle

Touchdowns Side Bend Stretch Behind Head Chest Stretch Shoulder Stretch

Elbow Flex/Extensions Low Back Standing Stretch Low Back Stretch Upper Back Stretch Trunk Twist/Rotation

Hip Marching Hip Spreaders Hip Twist Knee Flex/Extensions Ankle Circles

Note: these activities should not cause any undue pain or discomfort; if you experience any undue pain or discomfort, please consult your physician. These exercises are not meant as a substitute for a complete musculoskeletal assessment.