Posture Break Exercises

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Neck range of motion/neck glide

Shoulder stretches

"Pelvic check"

Touchdowns

Elbow rotation

Bend backs

Wrist stretch 1

Finger stretch

Finger wriggle

The rubberband

Finger spread

Hip stretch

Back stretch

Trunk twirls

Side bends

Knee benders

Hip marching

Ankle pumps/circles

Knee spreaders

Note: These activities should not cause any undue pain or discomfort and are not meant as a substitute for a complete musculoskeletal assessment. If you have any questions about the appropriateness for you, please consult your physician.

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