

## Pause Exercises

- These general pause exercises can help relieve muscular tension.
- Hold the stretches for 10-15 seconds, take care not to overstretch.
- Consult your doctor or treatment provider for specific guidelines if you have a medical condition.
- Repeat each movement 3-4 times



*Wrist Flexor Stretch*

With elbow at approximately 90 degrees and forearm close to body, grasp hand and slowly bend wrist back. Alternate both hands.



*Wrist Extensor Stretch*

With elbows straight, grasp the hand and gently bend the wrist down. Alternate both hands.



*Head Turns*

Turn head to look over left shoulder and hold for 10 seconds. Repeat on right side.



*Neck Bending*

Tilt head gently to the left side, hold and then tilt to the right side.



*Wrist Stretch*

Place hands together, turn hands so palms are facing away from the body and extend arms in front of body.



*Shoulder Stretch in Standing*



*Shoulder Stretch in Sitting*

Join hands together behind back. With the shoulders remaining relaxed, gently lift arms to stretch. This can be completed in either standing or sitting.



*Shoulder Rolls*

Standing upright, draw both shoulders and elbow upward, back, inward, downwards and then forward back into a neutral position. Repeat opposite way. Repeat several times. This can also be completed in sitting.



*Head Rolls*

Gently lower ear toward shoulder, and hold. Roll chin to chest and hold, roll up to other shoulder and hold. Return head to starting position. Repeat several times. Be careful not to extend your neck too far back.



*Upper and Lower Back Stretch*



*Back Arching*

Interlace fingers and turn palms upward above head; straighten arms then slowly lean slightly from side to side. Repeat several times.

Stand up. Support lower back with hands, keep head upright and gently lean back. Hold for 5-10 seconds. Repeat as often as required.

*Stand, move and walk regularly*

*Blink regularly  
Look into the distance  
Move your eyes horizontally, vertically and diagonally*