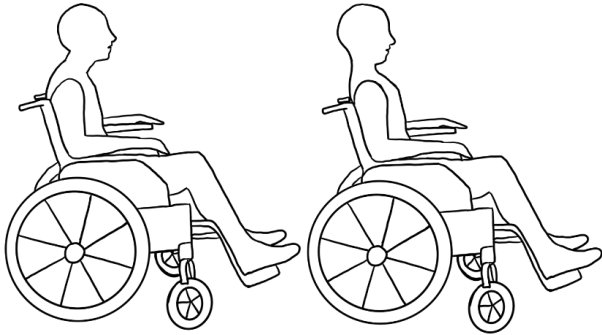


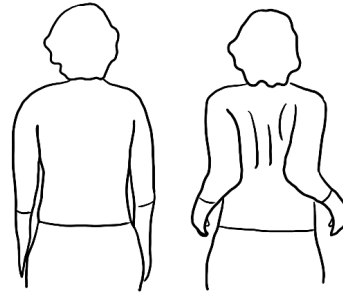
# Take a Break! Try these Exercises.

\*If you experience any pain, numbness, or tingling, discontinue the exercise and contact your healthcare provider.\*

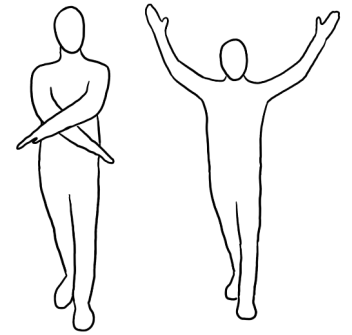
## Neck & Shoulder



Chin Tucks

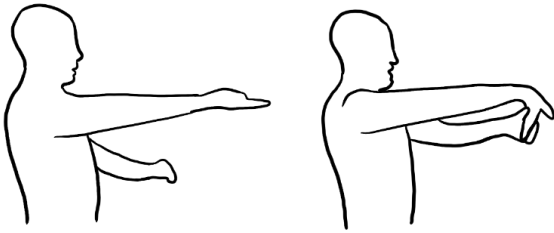


Shoulder Blade Squeezes



Shoulder Xs

## Wrist & Hand



Wrist Stretch

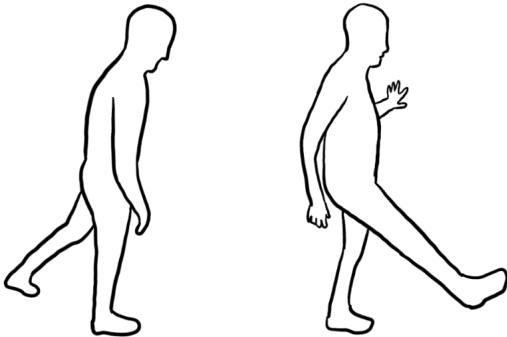


Finger Stretch

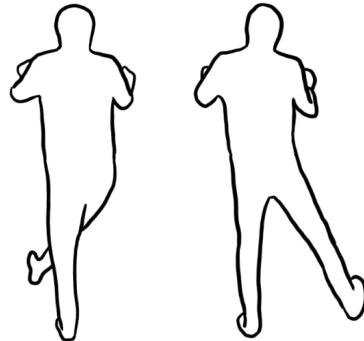


Thumb Massage

## Legs



Front and Back Kicks

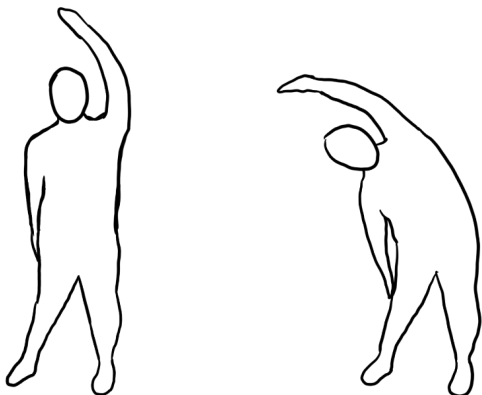


Side-to-Side Kicks

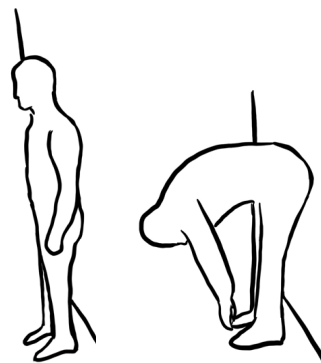


Hip Flexor Stretch

## Trunk



Side Bend



Forward Fold

**Questions?**  
Contact Ergonomics.  
[ergonomics@fpm.wisc.edu](mailto:ergonomics@fpm.wisc.edu)



**Environment, Health & Safety**  
FACILITIES PLANNING & MANAGEMENT  
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