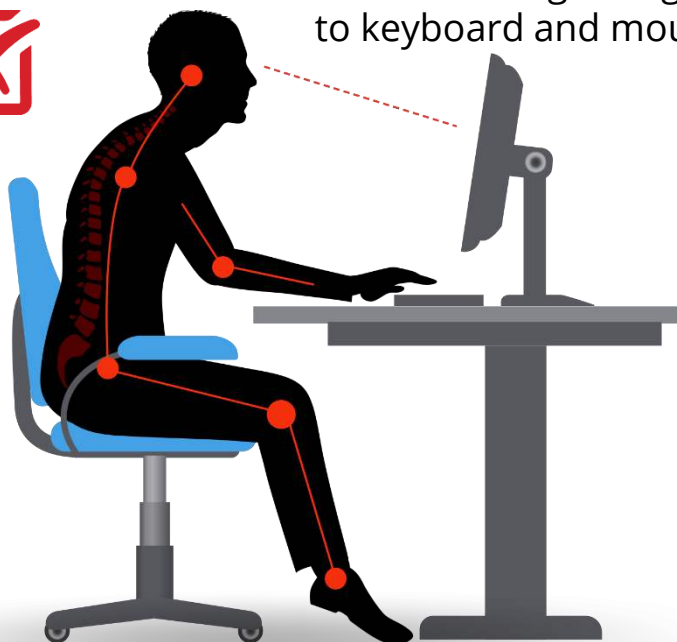
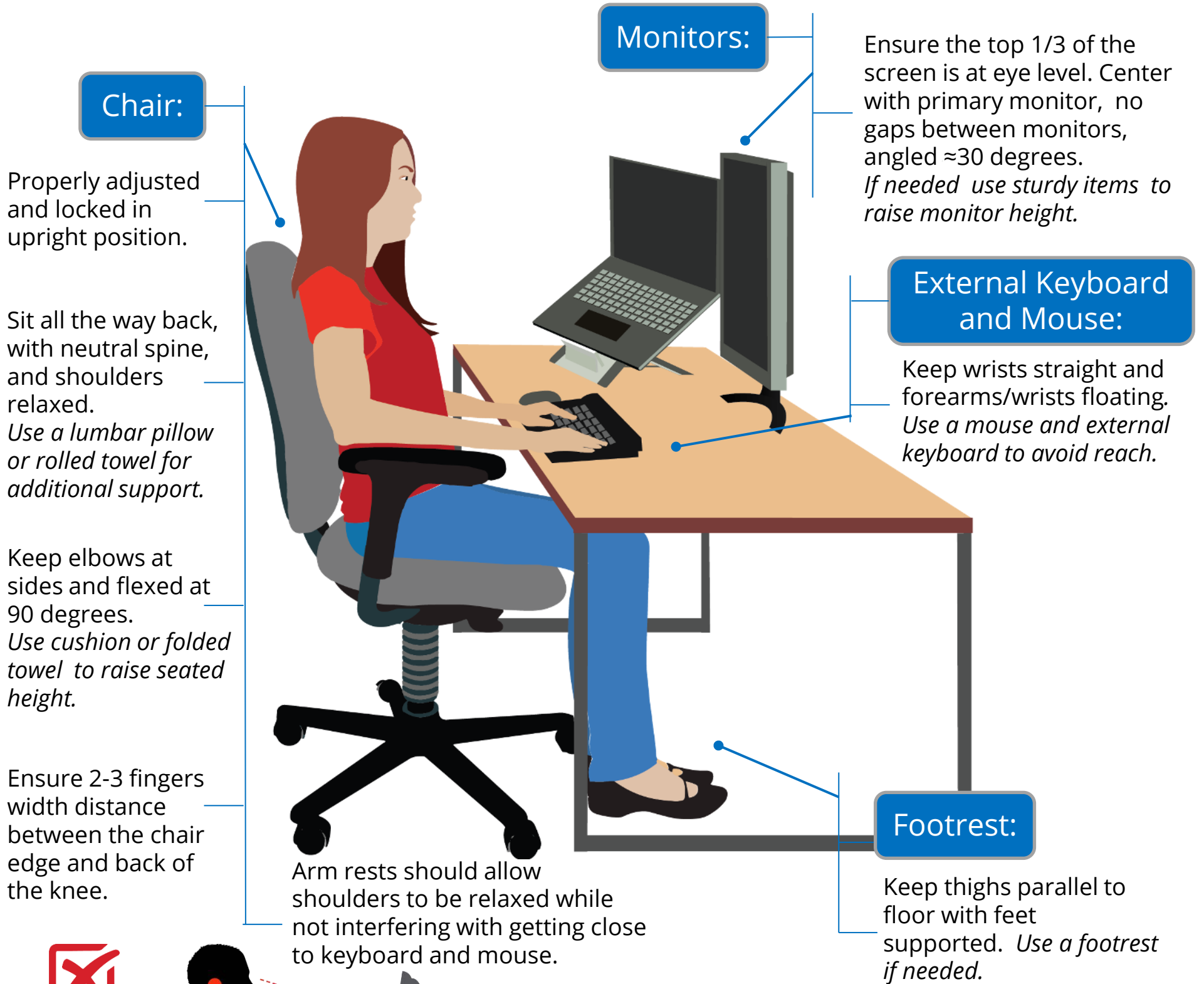


Setting up your Workspace



BRIOTIX[®]
HEALTH

King County
METRO
Wellness



Other Reminders:

- ☐ Ideal posture is head aligned over the shoulders, ears, shoulders and hips aligned
- ☐ Use primary monitor for majority of work and use secondary monitors less frequently
- ☐ Take frequent microbreaks and perform counterbalance stretches as needed
- ☐ Stand every 30-60 minutes, if possible
- ☐ Follow 20/20/20 rule

Try these stretches as microbreaks throughout the day to reduce fatigue.
Hold each stretch 20-30 seconds and repeat 3 times unless otherwise stated.

Overhead Reach



Interlock fingers and raise arms above head. Rotate hands palm up and push arms upwards. *Hold 5 seconds and perform 15 times.*

Neck Stretch



Rotate chin towards one shoulder and use hand on same side to gently apply pressure, feeling for a stretch in the back of the neck.

Wrist Flex/Ext



Flex: With arm extended, apply pressure to bottom of hand, feeling for a stretch in forearm. Ext: Switch stretch and apply pressure to top of hand.

Chin Tuck



Looking straight ahead, gently slide head back to in line with shoulders. Gently tuck chin in, feeling for stretch in the back of neck. *Hold for 3-5 seconds. Perform 10 times.*

Back Extension



Stagger feet and place hands on low back. Gently arch back and push hips forward feeling for a stretch in low back. *Hold up to 10 seconds.*

Hip Flexor



Step forward into lunge position. Drive front knee forward and hips back maintaining upright posture, feeling for stretch in front of back hip.

Hip/Glute



While seated, bring one ankle across opposite knee. Use arms to pull knee towards opposite shoulder feeling for stretch in glutes or back part of the hip.

Shoulder Squeeze



Sit or stand with good posture. Bring elbows back and squeeze shoulder blades down and back in a controlled motion. *Perform 10-15 times.*