



# Micro Stretch Break

take 15 seconds to stop and stretch

## Wrist & Hand Stretch

- Extend one arm in front of you.
- Use the other hand to gently pull fingers back toward you.
- Flip palm down and gently pull fingers toward the body.
  - *Great for: typing, charting, and phone use*

## Chest Opener

- Clasp your hands behind your back (or just pull shoulders back).
- Lift your chest slightly and squeeze shoulder blades together.
- Hold 5–10 seconds.
  - *Counteracts hunched posture.*

## Standing Reach

- Stand tall and reach both arms overhead.
  - Interlace fingers if comfortable.
  - Stretch upward like you're trying to touch the ceiling.
  - Hold 5 seconds, then release.
    - *Optional: Lean slightly side to side*
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