

Pause Exercise Sheet One

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

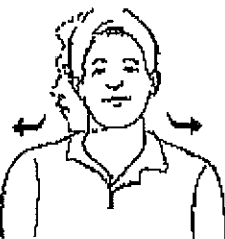
With elbows straight, grasp hand and slowly bend wrist back. Alternate hands.



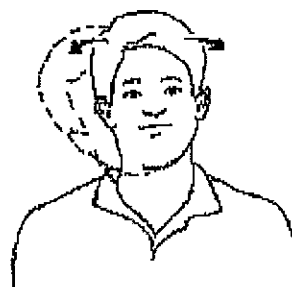
With elbows straight, grasp the hand and gently bend the wrist down. Alternate hands.



Turn head slowly to look over the left shoulder. Return to the front. Turn head to look over the right shoulder.

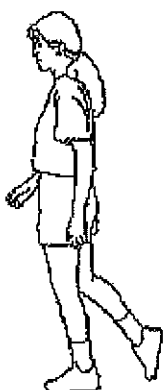


Tilt head gently to the left side and then to the right side.

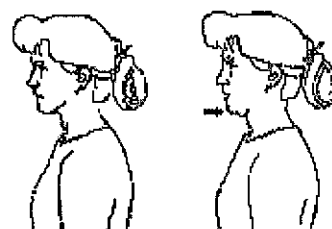


Stand, move and walk regularly

Work on improving and maintaining fitness and flexibility.



Looking ahead, tuck chin in and hold. Relax and return to starting position.



Source: Body Mechanics VHI Resource Library, Health Promotion Resources, 1999

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