

A Yoga Break at Work

Routine created and published by Dr. Rick Morris

(more information at: <http://www.spinalstenosisanddisc.com/>)

This entire routine should take less than ten minutes. Repeat the stretch after every two to four hours of continuous work. Not only will you feel better, but your work efficiency should improve. Work output has increased in employees who use breaks such as these by 25% over employees who worked continuously without such breaks. Imagine the quality and creativity of your work when you're not in pain and are well oxygenated.

Outer Neck and Shoulder Stretch



Put your right arm behind your back while tilting (not turning) your head to the opposite side. You should feel a pull in your right neck and upper shoulder. If a pinching sensation occurs to your left side, do not perform this exercise. Hold the position for five deep breaths in and out, relaxing more deeply with each exhalation. Repeat to the opposite side.

Shoulder Rolls



With your arms dangling at your side, roll your shoulders forward and upward on inspiration, and backward and down in a circular motion, on expiration. Start slowly and progress to a fairly quick motion. Do this for about one minute (remember your diaphragmatic breathing).

Neck and Upper Back Stretch



Hold your hands together behind your back as low as possible with your palms facing away from your body, and your shoulders pulled back. Bring your chin all the way down to your chest and take two breaths. Now turn and tilt your head to the right while pulling down with your left arm. Hold for 3 long, slow breaths. Now perform this on your left side. Repeat this 2-3 times.