



WorkWell Prevention & Care OnSite Resources

Microbreaking

Whether the employee is an office worker or has a very physical job on a manufacturing floor, microbreaking operates under the principle that the right amount of stimulation is essential for optimum tissue health. There are various “rules”, such as the 20:1 rule (1 minute of stimulation for every 20 minutes of stagnation), but what has effectively been used onsite is the 30/30 guideline:

- ✓ **For every 30 minutes you spend in a repetitive motion, move in the opposite direction for 30 seconds.**
- ✓ **For every 5 minutes you spend in an extreme or awkward static position, move in the opposite direction for 30 seconds.**

Examples:

- ✓ If you’ve been working with your hands in front of you while looking down and seated for 30 minutes, stand up and move your wrists and fingers back, arms back, head up, neck back and bend back at your trunk for 30 seconds.
- ✓ If you’ve been in a deep squat position for 5 minutes, stand up and extend your hips, bend back at your trunk, and extend your knees for 30 seconds.

***These movements should not be taken to a painful threshold and do not have to be taken to any kind of extreme. The important thing is to just go in the opposite direction for a bit. Also, use your head. This is a guideline, not a mandate. If 30 seconds is too long, then hold for a shorter duration. DO NOT hold your breath, but breathe normally during the movement.**



Rotation left



Extend wrist and fingers



Flex wrist and fingers.
Keep elbow straight



Pelvic Tilt



Chin tucks



Elbows together



Elbows up