

Many of the people we talk to and meet have discomfort and pain associated with repetitive movements, done from body positions that are fixed, awkward, or both, with inadequate breaks.

## **Mini-Breaks.**

For many of these people, long (say 5-10minute) breaks, taken after long periods of work (say 1-2 hours) are ineffective, or impractical. We have felt for a long while that **very brief breaks**, taken very frequently, can be very effective, and this idea seems to be finding favour with researchers and treatment practitioners. A break of just 30 seconds - so short that concentration is hardly broken at all - can work well and might be taken every 10 minutes or so, before tension builds up in muscles and tendons.

In these "mini-breaks", and at other times too, two ideas are particularly important.

## **Relaxation.**

Strained and tense muscles are the enemy, so controlled relaxation obviously helps. There are some suggestions here for very simple relaxation techniques.

## **Moving and stretching.**

Six stretches are described on the attached sheet that could well be helpful. You don't have to do them all together. Note carefully the instruction "**don't stretch to the point of pain**". And ignore the fact that they are written for people doing tax self-assessment!

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