Micro-exercise at the workplace

Lars L. Andersen, Professor
National Research Centre for the Working Environment
Copenhagen, Denmark
Micro-exercise

- 3 x 10 min per week
- "Where you are" and "as you are"
- Works best when you do it together with colleagues
- Everyone can participate
15 years research about micro-exercise at the workplace:

1) Reduces pain (neck, shoulder, arm, back)
2) Works across job groups
3) Positive adaptations in muscles and brain
4) Improves collaboration between colleagues
5) Even 2 minutes per day can help
6) Helps to prevent sickness absence

Great add-on to traditional health and safety efforts at the workplaces Professor Lars L. Andersen, NFA
Effect of Two Contrasting Types of Physical Exercise on Chronic Neck Muscle Pain

LARS L. ANDERSEN,1 MICHAEL KJÆR,2 KAREN SOGAARD,3 LONE HANSEN,3 ANN L. KRYGER,2 AND GISELA SJOGAARD1

www.healthy-workplaces.eu
Effect of Two Contrasting Types of Physical Exercise on Chronic Neck Muscle Pain

LARS L. ANDERSEN, MICHAEL KLER, KAREN SAGAARD, LONE HANSEN, ANN E. KRYGER, and JENGA SAGAARD
www.healthy-workplaces.eu
Andersen LL 2010, Phys Ther
"If all workplaces implement micro-exercises for the workers, we can potentially prevent 13% of all long-term sickness absence in Denmark”

Professor Lars L. Andersen, NFA

• 70,000 workers
• Followed for 2 years in Danish registers (long-term sickness absence)
• Age, sex and education do not modify the effects
In practice

Organization
Leader
Group
Individual

4 EXERCISES
WITH ELASTIC BAND

The exercises train the "computer muscles" and help relieve pain in the neck, shoulders and arms.

1. **Standing Man**
   - Stand with feet apart, hands on hips.
   - Hold for 30 seconds.
   - Repeat 5 times.

2. **Bent Over**
   - Stand with feet apart, hands on hips.
   - Lean forward from waist, keeping back straight.
   - Hold for 30 seconds.
   - Repeat 5 times.

3. **Side Bend**
   - Stand with feet apart, hands on hips.
   - Lean to one side, keeping back straight.
   - Hold for 30 seconds.
   - Repeat 5 times to each side.

4. **Rotation**
   - Stand with feet apart, hands on hips.
   - Rotate torso to one side, keeping back straight.
   - Hold for 30 seconds.
   - Repeat 5 times to each side.

Visit www.healthy-workplaces.eu for more information.

Healthy Workplace
Program, example:

- 3 x 10 min per week
- As many reps as you can with each exercise
- When more than 20 reps:
  - Make the band shorter or
  - Change to next color
- 1 min rest/chat between exercises
- Vary the order of exercises
- After 10 weeks, introducing new exercises can be motivating