

5 MINUTE OFFICE RESET

**PAIN IS A
PROTECTION SIGNAL**

— NOT ALWAYS DAMAGE —

PAIN INTENSITY



DAMAGE **INCREASED CAPACITY** **PAIN INTENSITY ≠ DAMAGE**

MEDICAL DISCLAIMER

This guide is for educational and informational purposes only. It is not medical advice, diagnosis, or treatment. Always consult a licensed healthcare professional before beginning any new movement or recovery program. Pain intensity does not always reflect structural damage. Individual responses may vary.

STOP AND SEEK IMMEDIATE MEDICAL ATTENTION IF YOU EXPERIENCE:

- Progressive neurological weakness — numbness, tingling, or weakness spreading
- Loss of bowel or bladder control
- Severe trauma-related pain
- Unexplained systemic symptoms — fever, unexplained weight loss, night pain
- Chest pain, dizziness, or difficulty breathing during movement
- Rapidly worsening symptoms that do not respond to position change

STOP AND CONSULT A PROVIDER BEFORE CONTINUING IF YOU EXPERIENCE:

- Sharp shooting pain that worsens with every attempt at movement
- Significant increase in symptoms after two or more sessions
- New or increasing numbness or tingling down the arm or leg
- Symptoms that are worsening rather than staying the same

If you experience sharp pain, numbness, tingling, or any symptoms listed above — stop immediately and consult a healthcare provider.

5-MINUTE OFFICE RESET PLAN

A Structured Midday Capacity Reset

If your pain builds throughout the workday and you have no system to interrupt it — you are not alone. Most desk workers reach high pain levels before doing anything. This reset changes that pattern.

This guide is for you if:

- Your pain builds steadily throughout the workday
- You wait until pain is high before doing anything about it
- You want a simple, repeatable system to interrupt the cycle
- You have no time — this takes exactly 5 minutes

PURPOSE

This is not a stretching routine. It is a flare interruption protocol.

- Reduce accumulated sitting load
- Interrupt tension before it spikes
- Restore circulation
- Maintain momentum during the workday

TOTAL TIME	5 minutes	EQUIPMENT	None required
------------	-----------	-----------	---------------

WHEN TO USE IT

- Before pain spikes — do not wait for high pain levels
- Between sitting blocks
- At 60 to 90 minute intervals throughout the day
- When tension begins to rise

Interrupt early. Early interruption reduces the total load accumulation across the day.

THE 5-MINUTE RESET PROTOCOL

MINUTE 1

CERVICAL RESET

- 10 slow chin retractions — draw chin straight back, hold 2 seconds, release
- 5 controlled neck rotations each side — slow and within a comfortable range
- ✓ *Feel: You should feel a mild stretch at the base of the skull and through the upper neck.*
- *Avoid: Avoid forcing range. Avoid rotation if it increases arm or hand symptoms.*

MINUTE 2

THORACIC EXPANSION

- 10 seated or standing thoracic extensions — open the chest, extend gently over the chair back
- 10 scapular retraction holds — squeeze shoulder blades together and hold 5 seconds each
- ✓ *Feel: You should feel a mild opening through the upper and mid back.*
- *Avoid: Avoid sharp pain or any increase in radiating symptoms.*

MINUTE 3

HIP ACTIVATION

- 10 standing hip hinges — hinge at the hips, keep spine neutral, return to standing
- 10 glute squeezes — hold 5 seconds each, standing or seated
- ✓ *Feel: You should feel mild activation through the glutes and hamstrings.*
- *Avoid: Avoid rounding the lower back during the hip hinge.*

MINUTE 4

CIRCULATION BOOST

- 1 minute brisk walk or marching in place — arms moving, pace comfortable but purposeful
- ✓ *Feel: You should feel a mild increase in heart rate and warmth through the legs.*
- *Avoid: Avoid pushing pace to discomfort. Keep it controlled.*

MINUTE 5

POSTURAL RE-ENTRY

- Stand tall — stack hips, shoulders, and ears in a neutral line
- 5 slow diaphragmatic breaths — inhale through nose, exhale fully
- Return to desk with intention — do not collapse back into the same position

✓ *Feel: You should feel a mild reset in tension and a clearer sense of posture.*

■ *Avoid: Avoid rushing back to the desk. Give the re-entry 30 seconds.*

COMMON MISTAKES

■ Waiting until pain is high

Early interruption is the entire point. At high pain the reset becomes harder and less effective.

■ Moving too aggressively

This is strategic exposure — not punishment. Gentle and controlled produces better results.

■ Stretching forcefully during a flare

During a flare, reduce intensity. Do not push range. The goal is load reduction, not flexibility.

■ Skipping consistency

One reset is not the system. Consistency across the day is what reduces cumulative load over time.

HOW IT BUILDS CAPACITY

Repeated interruption of accumulated load does more than relieve symptoms in the moment. Over time it retrains the system to tolerate more.

Reduces cumulative load	Each reset prevents the load from reaching spike threshold.
Lowers protective sensitivity	Consistent movement signals safety to the nervous system.
Improves endurance	Tolerance window expands with repeated, manageable exposure.
Expands usable work time	You are not chasing zero pain. You are building usable time.

Consistency beats intensity. Every time.

FINAL PRINCIPLE

You are not chasing zero pain.

You are building usable time.

Interrupt early. Expand gradually. Stay consistent.

WHAT COMES NEXT

This reset is your interruption tool. Use it to protect your window. Once the reset feels consistent, the next step is expanding your capacity — not just interrupting the spike.

**If desk pain keeps building throughout your day and you do not know how to stop it —
this is your first step. Start here.**

**paincaresupply.com/free
Free Flare-Up Reset Guide**

This is a free resource from Pain Care Supply. By downloading, you will be added to our email list. You may unsubscribe at any time.

This content is provided by Pain Care Supply. Some links may lead to products or services we offer. We may benefit commercially from your use of those links.

© Pain Care Supply. All rights reserved. This content may not be reproduced, distributed, or used without express written permission from Pain Care Supply.