

Brugger's Relief Position

Today it is a common thing when a person works for long hours with slumped posture, which can lead to many stresses in the neck, upper and lower back, shoulders and spinal discs. Over time this may lead to early deterioration in spinal discs and joints and eventually arthritis.

The Brugger's relief position is designed to give better lumbar support to the back and neck. Taking regular breaks from poor posture and performing the Brugger's Relief Position, prevents the build-up of stresses on the back.

Brugger's Relief Position may be performed while sitting or standing

Sitting

- Sit on the edge of a chair.
- Hold head up high.
- Spread legs slightly to the sides.
- Turn legs out slightly.
- Rest weight on legs and feet and relax abdominal muscles.
- Tilt pelvis forward and raise breastbone up.
- Turn hands, palms-up.
- Turn arms slightly outward.
- Hold position with deep breaths for 10 seconds.**

Standing

- Stand straight with head up.
- Spread legs slightly to the sides.
- Turn feet outward slightly.
- Draw belly in toward the spine.
- Tilt pelvis forward and raise breastbone up
- Turn hands palms-up and arms slightly outward, with the arms raised.
- Hold position with deep breaths for 10 seconds.**

When this exercise is performed regularly, you will soon feel your muscle tension ease, your breathing will feel better and your posture improved

