

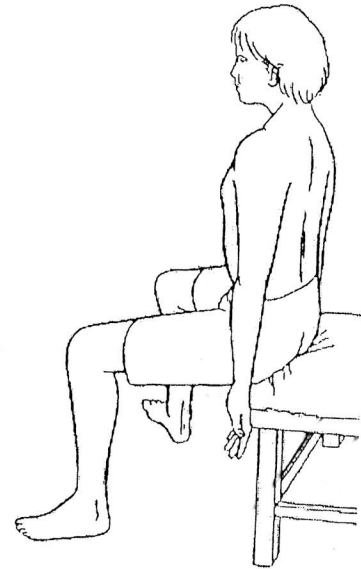
Brugger Relief Position:

One of the most common causes of back and neck trouble is the sitting posture. When you sit, your body rounds forward straining the joints, ligaments, and discs of your spine. Your muscles have to work as a "check-rein" against gravity and become tired and sore as a result. This posture also affects your breathing by compressing your diaphragm and encouraging excessive breathing from the shoulder and neck areas.

A simple exercise developed by a European neurologist has given relief to millions of sufferers. This only takes a few minutes a day and will improve your overall postural appearance within just a few weeks of practice.

Performing the Brugger Relief Position

1. Sit on the edge of your chair.
2. Place your feet directly under your knees and apart with toes pointed slightly outward.
3. Roll your pelvis slightly forward so that your back begins to arch.
4. Push your sternum forward and up.
5. Rotate your arms outward so that your palms face forwards. Separate your fingers as much as possible so that your thumbs face backwards a little.
6. Tuck your chin in slightly.
7. Hold this posture while you take a breath into your abdomen.
8. Repeat 2-3 times.
9. Perform this exercise 2-3 times per hour when sitting.



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