

## **BRUGGER'S POSTURAL RELIEF EXERCISE**

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Brugger's Postural Relief Exercise strengthens your muscles. It promotes stability and relaxes tight muscles that tighten due to postural stress (see Figure 2). Check the tension in your upper back and shoulders in the slumped posture and then in the postural relief position. Muscle tension is dramatically reduced in the postural relief position. Another check is to turn your head in the slumped and corrected postures. Again, a dramatic improvement in the postural relief position should be observed.



**Figure 1**



**Figure 2**

### **FOLLOW THESE SIX STEPS:**

1. Sit with your buttocks at the edge of a chair.
2. Spread your legs apart slightly.
3. Turn your toes out slightly.
4. Rest your weight on your legs/feet & relax your abdominal muscles.
5. Tilt your pelvis forward & lift your chest up thus increasing the curve of your lower back to its maximum.
6. Turn your palms up.

This postural exercise should be done for 10 seconds every 20 minutes. It can be incorporated into sit to stand, walking, and lifting. Within a few weeks, you will experience the sensation of sitting and standing straighter naturally. When this occurs, conscious effort is not as necessary because you have learned a new skill on an automatic basis. This is ideal as a new postural habit once learned is unlikely to be broken.