

For Your Posture



Ontario
Chiropractic
Association

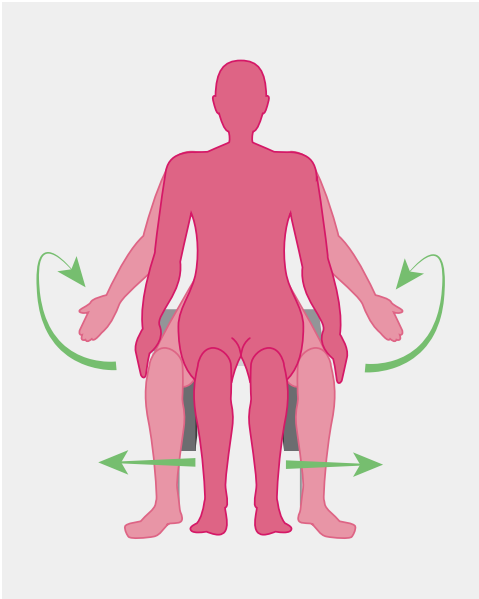
SETS: 1

REPS: 1-2

HOLD: 8-10sec

REST: 30sec

EVERY 45 MINS



Brugger Postural Relief Position

- Sit at the edge of your chair, without using the seat back for support.
- Spread your legs slightly apart. Now turn your toes out.
- Tilt your pelvis forward, creating an arch in your low back and pushing your chest upward.
- Arms turn out so that palms are facing forward.
- Now hold your head high in the air, with a slight increase in the arch of your neck.
- Take deep exaggerated breaths while holding the position.