



**'Brugger' Postural Relief Position**

Sitting at edge of chair, feet and knees wider than pelvic width and rotated slightly outward.

Maintaining a chin tuck, raise chest up, allowing spine to relax into a gentle arch.

Relax shoulders and rotate arms / hands so that thumbs point backward.

Hold, breath, release and repeat throughout the day.

Sets:	2
Reps:	6
Weight:	
Hold:	10-30 sec
Rest:	30-60
daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



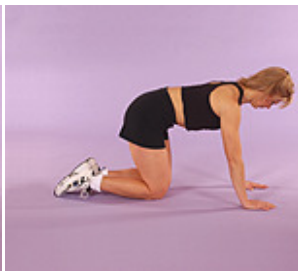
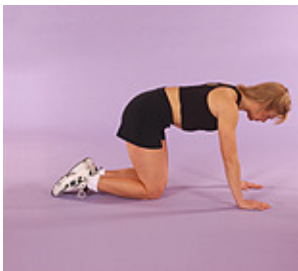
**Chin Pro / Retraction Seated**

Sitting with head positioned in neutral. Jut chin forward, then retract chin back into a chin tuck position.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Chin Pro / Retraction Quadruped**

Start in a hands and knees position on floor with the head in neutral. Jut chin forward, down toward floor, then retract chin up away from floor into a chin tuck position.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Chin Tuck Hold**

Lie on back with knees bent, feet flat on the floor. Keeping head on floor, tuck chin into neck.

Slightly raise head off floor, about 1 cm, and hold chin tuck position.

Sets:	2
Reps:	12
Weight:	
Hold:	4 - 10 sec
Rest:	30-60
daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
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Notes:



**Neck Extension - Prone**

Lying on stomach with forehead on floor.  
Raise head off floor as though to be looking up.  
Hold, lower and repeat.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



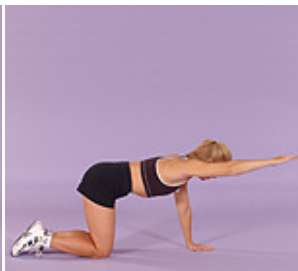
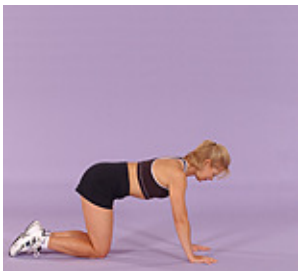
**Neck Lateral Raise**

Lying on side, arms crossed across chest, head relaxed.  
Raise head up sideways until level.  
Hold, lower and repeat.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



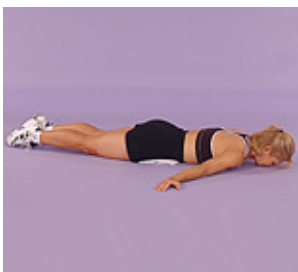
**Arm Raises Quadruped**

On hands and knees, maintain abdominal hollow and keep back flat.  
Slowly raise one arm out in front until parallel with floor, keeping rest of body stable.  
Lower arm to floor and alternate.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



**Chest Raise**

Lying on stomach with arms at sides 45°, rotate palms outward so that thumbs point to ceiling.  
Maintaining a slight chin tuck position (avoid looking up with head) squeeze mid back and raise chest up off the floor. Hold, lower and repeat.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31