



**'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.

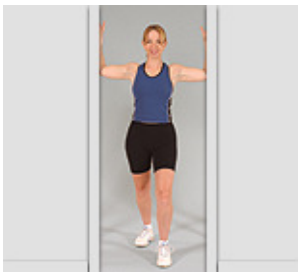
Relax shoulders and rotate arms / hands so that thumbs point backward.

Hold, breath, release and repeat throughout the day.

Sets:	2
Reps:	3
Weight:	
Hold:	30 - 60 sec
Rest:	30-60
hourly	

- 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:



**Pectorals - Corner / Doorway**

Facing corner or standing through a doorway.

Place forearms on each wall at shoulder height.

Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 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:



**Biceps / Pecs - Ball**

Lying on back with gym ball under mid back and head supported.

Drop both arms off to the sides, bending wrists backwards, and let arms 'hang' to feel a stretch across the chest and front of the arms.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 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 / Retraction**

Sitting tall, slightly tuck chin down into neck. Keeping chin down, slide head backwards on neck as far as comfortable. Hold, relax and repeat.

Sets:	3
Reps:	2x
Weight:	
Hold:	10 sec
Rest:	
hourly	

- 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:



Notes:

**Scalenes Depressing Clavicle**

Sitting tall, place one hand on opposite collar bone. Turn head away, look up and tilt head toward ear. Use gentle pressure on the collar bone to increase stretch.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 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:



**Active Levator**

Seated, turn head to one side and drop head forward. Rest same side hand on back of head, do not pull on head.

With opposite hand, slowly alternate shrugging with reaching for the floor.

Sets:	
Reps:	6x
Weight:	
Hold:	6 sec
Rest:	
2 x/day	

- 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:



**Active Traps**

Seated, turn head to one side and tip ear to the opposite shoulder.

Rest hand on side of head, do not pull on head. With opposite hand, slowly alternate shrugging with reaching for the floor.

Sets:	
Reps:	6x
Weight:	
Hold:	6 sec
Rest:	
2 x/day	

- 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:



**Active Shoulder Ext. Rot.**

Sitting or standing tall with elbows bent to 90° and hands in front of body.

Rotate shoulders outward, bringing hands away from each other keeping elbows tight to the sides. Hold, bring hands back to start position and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 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:

**'Prayer' Stretch**

Kneeling on floor, reach both arms straight out in front along floor.  
Sit lower body down and back onto heels.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 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:

**Wall Slide / Arm Elevation**

Stand with back against a wall with head touching wall and chin tucked in. Place feet a few inches away from the wall and raise arms above head. Squat body down the wall keeping arms elevated. Actively exhale while performing squat to feel a stretch in the mid back.

Sets:	2
Reps:	12
Weight:	
Hold:	6 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:

**'Apley's' Shoulder Position**

Holding a broomstick or towel, place one hand up behind head and opposite arm behind back. Walk hands together as far as comfortable and hold.

Sets:	2
Reps:	6
Weight:	
Hold:	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
- 29 30 31