

Active Health Solutions

Brugger Relief Posture



Sit on a chair with your “sit bones” at the edge. Have your feet turned outward and your legs apart. Rock your pelvis forward into a tilt so that your belly juts slightly forward. Slightly tuck your chin, open your fingers wide and turn your hands outward so that your thumbs are pointing behind you. Be sure to keep your fingers as wide as possible. Pull shoulder blades down and in towards spine. Push chest up.

Hold this position for 5-10 seconds, then relax.
Repeat this exercise _____ times. This position should be taken periodically throughout the day, especially if you are spending a great deal of time sitting. Or perform relief posture for 30 seconds every 10-15 minutes that you are seated.



Stand with feet shoulder width apart.
Feet slightly turned out, knees slightly bent.
Rest your hands at the sides with palms turned out.
Pull shoulders down, shoulder blades in and down toward spine.
Push chest up.
Pull chin straight back.
Breathe.

