

# Brugger's Exercises

Poor daily sitting posture is one of the most common causes of back and neck pain. When you sit for long periods of time, your body rounds forward and puts an enormous strain on the spine and its supporting tendons, ligaments, muscles, and fascia. The muscles in the back and back of the neck fight against gravity to pull you upright thus becoming sore, tired and knotty. The muscles in the front (chest, front of shoulders and front of neck) become shortened and tight. This posture distortion also affects breathing by compressing the diaphragm and encouraging excessive breathing from the shoulder and neck areas.

Benefits: Reduces back and neck strain, reinforces good sitting posture and relaxed breathing.

How to do the Brugger's exercise:

This exercise can be done either sitting or standing.

1. Start by making sure your head is over your shoulders with your chin level to the ground.
2. Squeeze your shoulders back as if you are trying to touch your shoulder blades together.
3. Pull your shoulders down as if you are sticking your shoulder blades in your back pockets.
4. While holding your shoulders in that back and down position, turn your arms outward.
5. You may feel a stretch through your chest and front of your shoulders.
6. Be sure you are squeezing those back muscles to get into the proper position.
7. Make sure that your head is still over center and not pushing forward.
8. Hold this position for 8-10 seconds and then relax.

How often to do the exercise:

1. Complete a set of Brugger's exercises every day, 3 times a day.
2. Each set should be 8-10 reps, each one holding for 8-10 seconds and taking a short rest in between.
3. Feel free to do more than 8-10 at a time and more than 3 times a day, there is no limit!

If you have any further questions, reference the video on this subject for a demonstration. Keep up the great work and the consistency.

