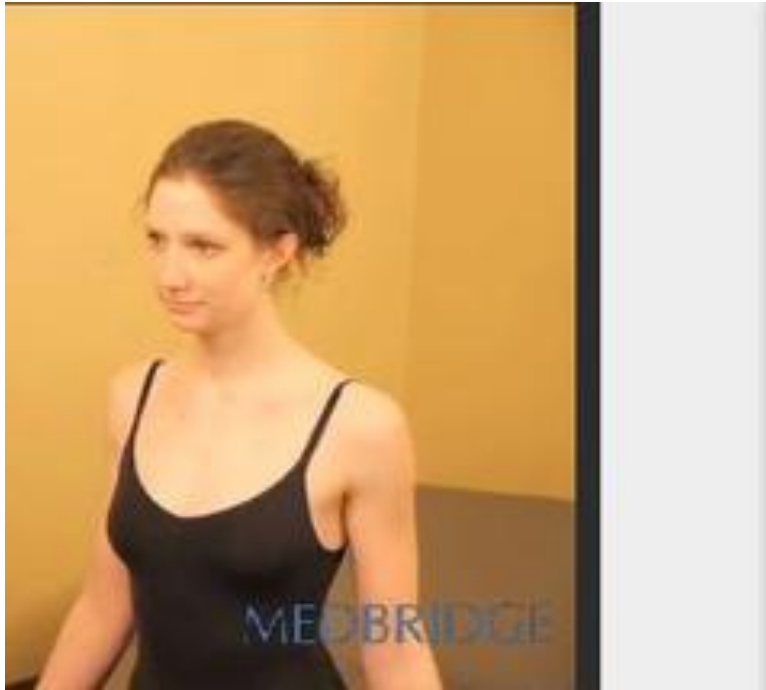


Bruegger Position



Posture Relief: Bruegger Position

- Very easy and valuable tool to aid in facilitating upright posture
- Patient sits tall
- Externally rotate feet w/ abducted knees
- Sternum up and out
- Shoulders relaxed and turn palms outward
- Chin tucks slightly
- Perform 15 seconds every 15 minutes continuously seated

MEDBRIDGE
E D U C A T I O N

Evaluation and Manual Therapy for TMJ Dysfunction, Dr. Kirk Jodice

Source: <http://www.caperegionalphysicaltherapy.com/neck-therapeutic-exercises.html>