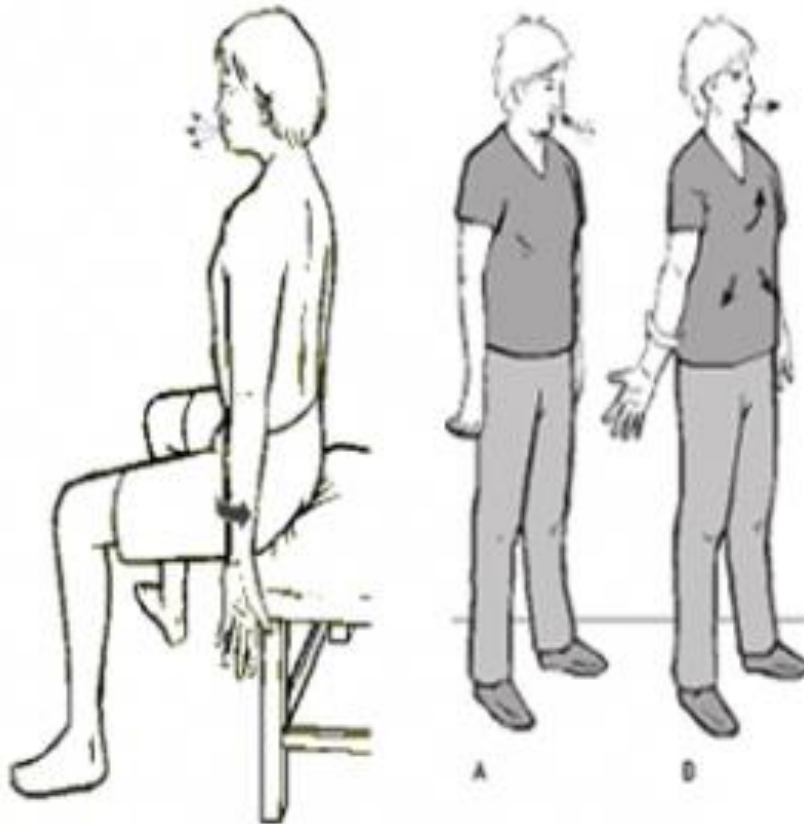


Brugger's Postural Awareness Exercise



Brugger's Postural Awareness Exercise

- 1.) Sit on edge of a chair or stand in neutral position
- 2.) Elevate chest diagonally towards ceiling
- 3.) Bring shoulder blades together and downwards, letting shoulder roll back and arms hang down with palms open
- 4.) Look straight forward and position head in neutral position.

Hold position with full belly-breathing for 30 seconds per hour, within pain-free tolerance

Source: <https://www.kelsallchiropractic.com/correcting-posture/>