

Home exercises

To promote stability and relaxation of tight muscles that tighten due to postural stress.

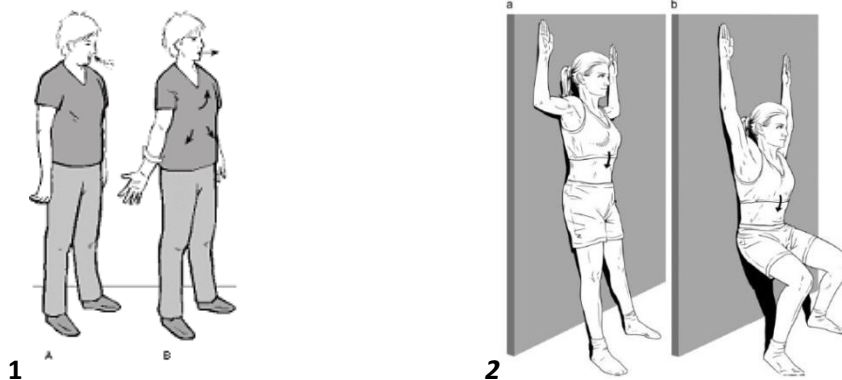
BRUGGER RELIEF POSITION



1. Sit with your buttocks at the edge of a chair.
2. Spread your legs apart slightly.
3. Turn your toes out slightly.
4. Rest your weight on your legs/feet & relax your abdominal muscles.
5. Tilt your pelvis forward and lift your chest up thus increasing the curve of your lower back to its maximum.
6. Tuck your chin
7. Turn your palms up

It should be done for 10 seconds every 20 minutes. It can be incorporated into sit to stand, walking, and lifting.

WALL ANGEL



1A. Stand keeping your back, buttocks and head in contact against a wall. Ideally you should touch the heels against the wall as well but keeping it at 10 cm is ok too.

1B. Perform a Brugger-like routine

2. Next, raise your arms in a "W" position by rolling your shoulders backwards. Try to keep elbows, wrists and fingers in contact with the wall and perform a "chin tuck" by making a "double chin" and maintaining contact with your head and the wall.

2a. When this position becomes comfortable raise your arms even more.

2b. When position 2a becomes too comfortable perform a squat keeping back, buttocks and head in contact against a wall as well as elbows, wrists and fingers.

Remember: a little tension is enough. Avoid to push too much in order to maintain yourself relaxed. Relax your shoulder down and breathe from your abdomen.

Reference: Liebenson, G., 2007. Rehabilitation of the spine. A practical manual. 2nd edition. Lippincott William & Wilkins: Baltimore



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