

Brugger's Relief Position

Sitting all day can put increased pressure on the spinal discs in abnormal amounts. Long-term slouching habits can lead to premature disc deterioration, bulging, and herniations. A slumping posture can also lead to increased muscle tension and poor breathing habits.

Brugger's position may help reduce the buildup of stress that occurs throughout the day. Brugger's can be added as micro-breaks of about 10 seconds every 20 minutes of prolonged sitting.

- * Sit on the edge of your chair
- * Hold your head up high (as if you have a string being pulled up through the top of your head)
- * Put your feet about shoulder width apart
- * Let your knees relax outward until you're comfortable
- * Rest your weight on your legs and feet and relax your abdominal muscles
- * Tilt your pelvis forward (increasing your lordosis) and raise your breastbone up
- * Turn your hands palms-up
- * Turn your arms slightly outward

Hold this position and take deep "belly" breaths for 10 seconds

