



Tip of the Week

Daily exercises to improve posture whilst at work

Week 15 of 52 – posture exercise - Brugger Relief

Top Tip Number 15

If you sit for long periods at a computer, you may experience increased tension in your back and shoulder girdle. After as little as 20 minutes of a static posture, the ligaments of the spine, made of a tensile, stretchy tissue, become over-used and this can lead to a change in posture. The 'Brugger Relief' exercise counters the effects of a static posture by encouraging the postural muscles to contract and reduce the stretch on the postural ligaments. Here are some photos and instructions to guide you:-

First stand up with your elbows in and forearms lifted to 90 degrees. The hands face upwards. Draw the shoulder blades down and then gently bring the shoulder blades together behind you. You may feel a slight stretch across the front of the chest.

Keeping the elbows close to the sides of the body, gently take the forearms out to the sides. Avoid tensing the shoulders by continuing to keep the shoulder draw down and gently coming together behind you.

Finally, gently encourage the wrists to extend back and fingers to stretch apart. (see photo) The different parts of the 'Brugger Relief' exercise are designed to encourage contraction of the muscles that don't work during a static, seated posture and gently stretch the muscles that become overworked.

This helps to prevent the over-stretch of the ligaments (a phenomena known as 'creep') and strengthen postural muscles.



Hold the posture for
20 seconds every
20 minutes if
possible.



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