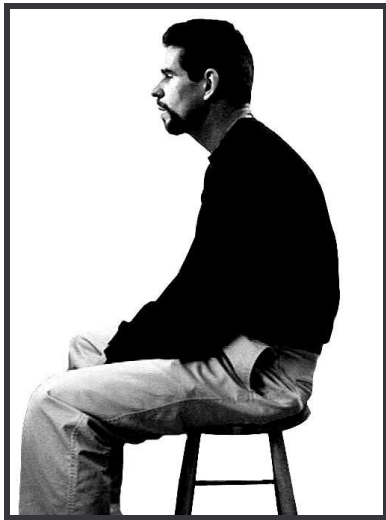
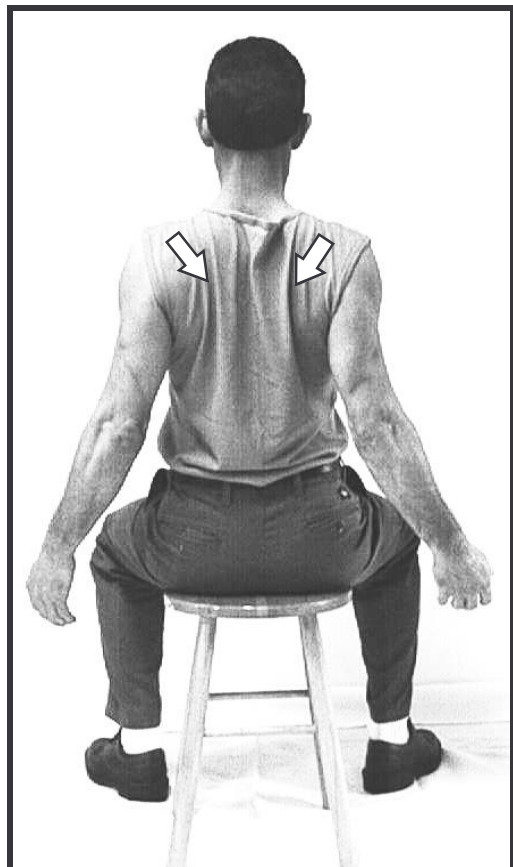
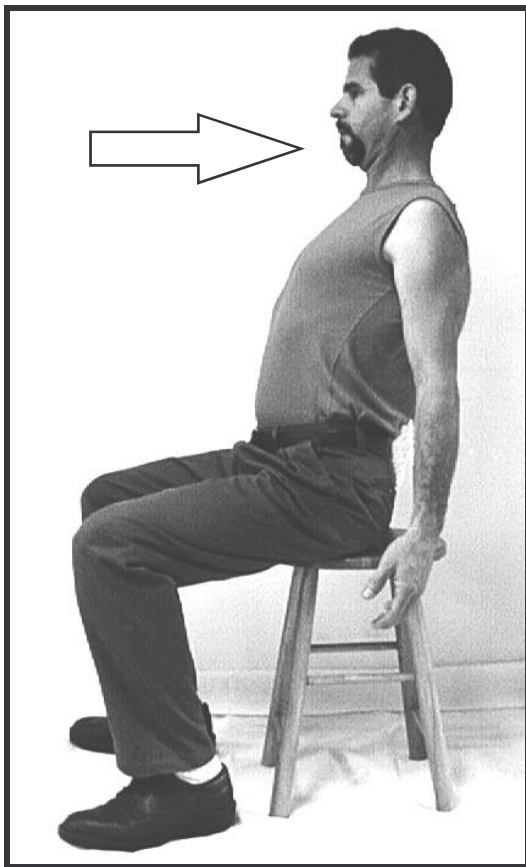


BRUGGERS POSTURAL EXERCISE



INCORRECT POSTURE

Long term sitting leads to the adoption of a slouched sitting posture. Note how this posture causes the shoulders to roll forward, loss of the forward curve in the low back and increases the curve of the midback. This posture also encourages incorrect breathing



BRUGGERS POSTURAL EXERCISE

Move to the front edge of your chair. Separate feet and allow legs to relax and roll outwards.
Allow your belly to protrude increasing the curve of your low back.
Raise chest upwards.
Roll shoulders backwards and down attempting to squeeze shoulder blades together.
Do not elevate shoulders.

___ reps every half hour that you are sitting