

BRUGGER'S POSTURAL RELIEF EXERCISE

Brugger's Postural Relief Exercise strengthens your muscles. It promotes stability and relaxes tight muscles that tighten due to postural stress (see Figure 2). Check the tension in your upper back and shoulders in the slumped posture and then in the postural relief position. Muscle tension is dramatically reduced in the postural relief position. Another check is to turn your head in the slumped and corrected postures. Again, a dramatic improvement in the postural relief position should be observed.

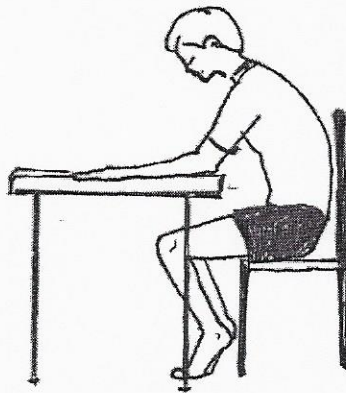


Figure 1



Figure 2

FOLLOW THESE SIX STEPS:

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 & lift your chest up thus increasing the curve of your lower back to its maximum.
6. Turn your palms up.

This postural exercise should be done for 10 seconds every 20 minutes. It can be incorporated into sit to stand, walking, and lifting. Within a few weeks, you will experience the sensation of sitting and standing straighter naturally. When this occurs, conscious effort is not as necessary because you have learned a new skill on an automatic basis. This is ideal as a new postural habit once learned is unlikely to be broken.

ACTIVITIES OF DAILY LIVING INSTRUCTION

In-Office Instruction

GENERAL INSTRUCTIONS

Do only those exercises taught to you by your therapist. Exercises are best done on a firm surface such as the floor or a very firm bed.

WHEN STANDING

1. Keep your head level and your chin slightly tucked in.
2. Stand tall, stretching the top of your head toward the ceiling.
3. Relax your shoulders.
4. Tighten your stomach muscles to tuck in your stomach. This will help prevent excessive swayback, or lordosis, in the lower part of your back.

WHEN SITTING

1. Keep your head level and chin up.
2. Keep your buttocks to the back of the chair and maintain a slight inward curve in your lower back. Sometimes a small pillow or rolled towel in the small of your back helps. Do not slouch.
3. Keep your feet comfortably apart and supported so that your knees are level with your hips.

WHEN LYING

1. Use a firm mattress.
2. Lie on your side with your hips and knees slightly bent and with a pillow between your legs.
3. If you find you are able to sleep only on your back, a pillow under your knees may take the strain off your lower back.

WHEN LIFTING

1. Keep your head level and chin up.
2. Keep your back straight, bend your knees and squat as low as possible, keeping your feet apart.
3. Lift with the strength of your legs.
4. Never twist or turn while lifting.
5. Once you've picked up the object, hold it close to you.