

Reducing Strain in the Back and Neck

Brugger's Relief Position

This activity is used to open up your chest and reduce the ache in your shoulders and neck. It's a tremendous help for a tight upper trapezius muscle and it improves your seated posture.

- Perch on the end of your chair.
- Place your feet under your knees then move them apart a little and turn them slightly outwards.
- Roll your pelvis slightly forward so that your back begins to arch.
- Push your breastbone forward and up.
- Rotate your arms outwards so that your palms face forwards.
- Separate your fingers as much as possible so that your thumbs face backwards a little.
- Tuck your chin in slightly.
- Hold this posture while you take a breath in and out.
- Repeat two or three times every 20-30 minutes while seated.



Make sure you **don't** pull your shoulder blades together while doing this exercise. They should just be kept down.

Focus on opening your fingers and turning out your hands. This enhances the effect on the trapezius muscle.

Have a look at what else you can do for [this muscle](#) in your upper back.

Here is a good video from Coast Clinic

<https://www.youtube.com/watch?v=HAdrP0J1GTY>



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