



'Brugger' Postural Relief Position

Sitting at edge of chair, feet and knees wider than pelvic width and rotated slightly outward. Maintaining a chin tuck, raise chest up, allowing spine to relax into a gentle arch. Relax shoulders and rotate arms / hands so that thumbs point backward. Hold, breath, release and repeat throughout the day.

Sets:	3
Reps:	3
Weight:	
Hold:	10 - 30 sec
Rest:	30-60
hourly	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Active Pecs / Horizontal Abduction

Sitting or standing with hands open, palms together in front of stomach. Begin with arms below shoulder level. Inhale. Exhale and actively bring arms straight back as far as possible keeping tall posture. Hold briefly at stretch position and return to start position. Repeat motion raising level of arms each time until arms are up in a 'Y' position. Repeat the process back down to the start position.

Sets:	2
Reps:	
Weight:	
Hold:	4-6 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Wrist Flexors - Elbow Extended

Sitting with arm straight out in front, fingers pointed up to ceiling. Grasp fingers with opposite hand and gently bend wrist back.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Wrist Extensors - Elbow Extended

Sitting with arm straight out in front, fingers pointed down to floor. Grasp palm with opposite hand and gently bend wrist down as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Wrist Extensors / Finger Abduction

Place elastic band around thumb or index finger and then criss cross it as it winds around each remaining finger. Place forearm flat on a table, slowly spread fingers wide apart. Hold, relax gradually and repeat.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Finger Extension - From Clenching

Clench the hand tight then open wide. Repeat.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	
2 x/day	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
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