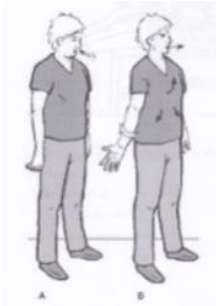




POSTURE REHAB

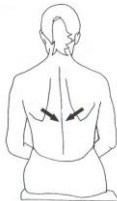
Brugger's Relief Micro-Break

- Sitting or standing, drop your shoulders down and backwards squeezing your shoulder blades together.
- Retract your chin as though you are making a double chin.
- Keep your elbows straight and point your thumbs backwards
- Hold for 10-30 seconds. Perform once per hour.



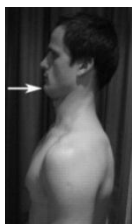
Shoulder Blade Squeeze

- Sitting or lying on your stomach.
- Gently squeeze the bottom of your shoulder blades down and together.
- You should feel this at the base of your shoulder blades.
- Hold this for 30 seconds. Repeat 3 times

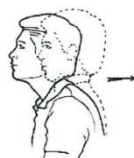


Chin tuck

- Sitting or standing position
- Retract your chin as though you are trying to make a 'double chin'.
- Hold for 10-30 seconds. Repeat 3 times.



CHIN TUCKS
Pull head straight back,
keeping eyes and jaw level.
Hold _____ seconds.



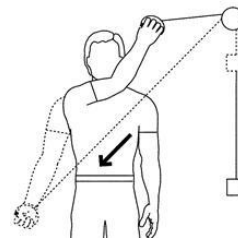
Neck Flexor Endurance

- Lay on your back
- Retract your chin as to make a 'double chin'
- Lift your head 2-3cm off the table
- Hold this position as long as possible.
- Stop when you begin to shake.
- Hold for 10-30 seconds. Repeat 3 times.



Seatbelt

- Standing, using a pulley machine or resistance band.
- With arm across body at opposite shoulder.
- Pull arm down across body as if you are putting on a seatbelt.
- Perform 3 sets of 10 repetitions each side.



Sword

- Standing, using a pulley machine or resistance band.
- Begin with arm across body and back of hand facing outwards.
- Pull the resistance band up and above opposite shoulder as if you are drawing a sword from your belt.
- Slowly lower back to the start position.
- Perform 3 sets of 10 repetitions.





Rowing Exercise

- Standing or sitting with a upright posture
- Pull the resistance band and squeeze your shoulder blades together.
- Return to the starting position.
- Perform 3 sets of 10 repetitions



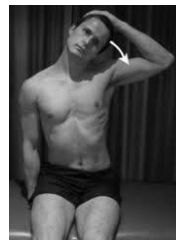
The 'Y' Exercise

- Lie face down on an incline bench or on the floor.
- Place your arms above your head so that you make a 'Y' with your body.
- Point your thumbs to the ceiling and keep your elbows straight or slightly bent.
- Slowly lift your arms towards the ceiling.
- Perform 3 sets of 10 repetitions



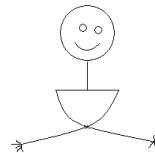
Neck stretch

- Tilt your head to the side as though you are trying to touch your ear to your shoulder.
- Use your arm to increase the stretch by gripping onto the opposite side of your head.
- Sit on the opposite had or use it to grip onto a chair to increase the stretch further.
- Hold for 30 seconds. Repeat 3 times each side.



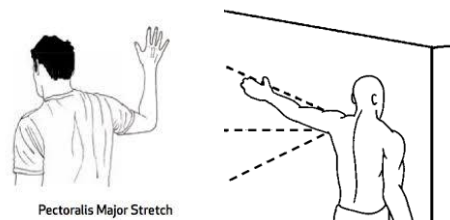
Back Stretch

- Whilst sitting, cross your arms and lean forward so the opposite elbow is near the opposite knee.
- Lean further forward and separate knees to increase the stretch
- Hold for 30 seconds. Repeat 3 times.



Chest Stretch

- Standing near a wall or doorway.
- Place your hand on the wall and rotate your body away until you feel a stretch in the chest.
- Hold for 30 seconds repeat 10 times.



Disclaimer: The exercises provided on this website are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.