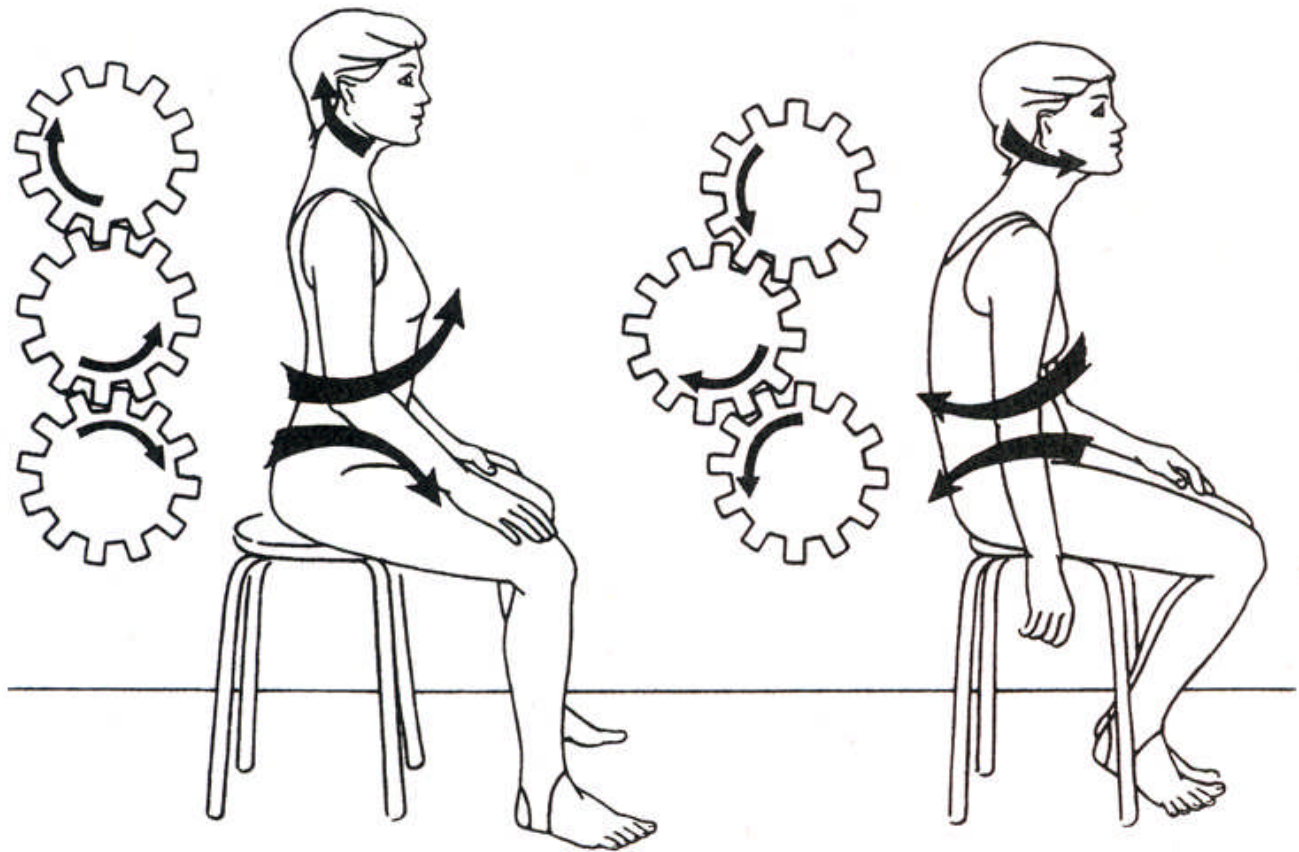


BRUGGER'S POSTURAL RELIEF EXERCISE

Perform this exercise 10 repetitions, 5 times daily.



In order to correct an improper posture, repetitive reinforcement is necessary. Realize that initially, you are likely to develop soreness in the lower neck, front of the chest, and between the shoulder blades if performed correctly.

1. Sit up
2. Lift your chest upward
3. Brace your shoulder blades down, back, and together
4. Perform a light chin-tuck (try to give yourself a double chin, but avoid flexing the chin to chest)

When performed correctly, you should experience some mild pulling at the root of the neck. Many people report some soreness and pulling across the front of the chest and between the shoulder blades.