



## Brugger's Relief Position



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**Purpose: To properly align your spine, assisting breathing, decreasing strain on spinal discs, and reducing muscle fatigue.**

**Repetitions: 10 repetitions per hour -- Hold for 6 seconds**

**Description:**

- **Legs shoulder width apart. Hang arms down by your side with palms forward and relax your upper shoulder muscles**
- **Breathe into your abdomen.**
- **Squeeze your shoulder blades together**
- **Keep your chest perched outward and keep your chin tucked.**

