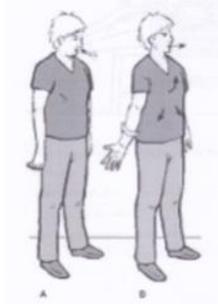




POSTURE REHAB

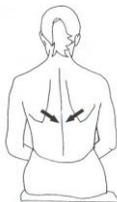
Brugger's Relief Micro-Break

- 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

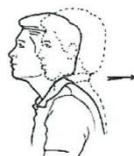


Chin tuck

- 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.



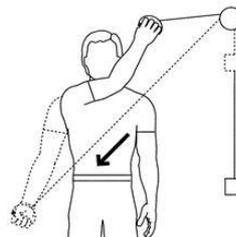
Neck Flexor Endurance

- 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



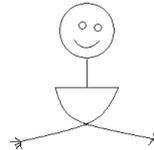
Neck stretch

- 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.

