

**The Brugger's Exercise:**



- 1) With your hands facing upward, lower your forearms just beneath the level of your elbow
- 2) Rotate your forearms outward and begin to raise your chest
- 3) Once your chest is risen, tuck your neck backwards (like a turtle!) while keeping your head straight. Hold this position for 1 seconds, then release.



- 4) Repeat steps 1 – 3 for 10 repetitions.
- 5) Repeat the Brugger's Exercise three times a day; morning, afternoon, and evening for best results.



If you have any questions about things you might be feeling, give us a call at:

336-509-4963