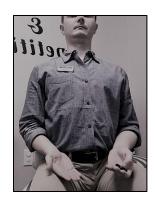
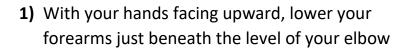


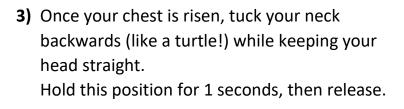
The Brugger's Exercise:







2) Rotate your forearms outward and begin to raise your chest





- 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