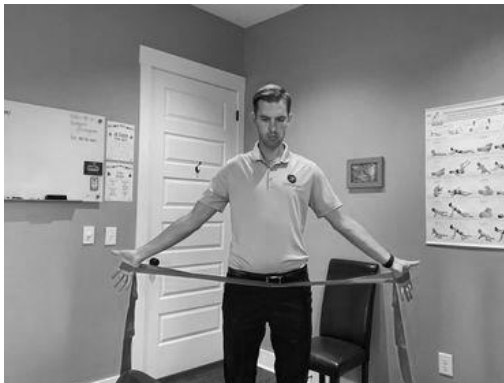


# Bruegger's Relief



Standing tall with shoulders down, then back and head in a neutral position over the shoulders, you will have a resistance band around your hands with palms facing the ceiling. Then you will drop your spread fingers to the floor creating wrist extension (picture 1). Bring your hands outward towards the wall for shoulder external rotation (picture 2). Then you will slowly and controlled, press hands down and laterally towards the floor extending your elbows (picture 3). The above is a description for the first part of the exercise, once you get to full extension, you will hold for 3-5 seconds and then slowly bring elbows back into your side, that is your stopping position for the first rep. Keeping the hands outward and facing forward, you will perform the same elbow extension movement, holding for 3-5 seconds. This exercise is performed at 8-10 reps for 1-2x/day. When doing this exercise, your neck and shoulder muscles should stay relaxed and you should feel it in between your shoulder blades.



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