

Beacon Hill Chiropractic and Massage 11636 Sarcee Tr. NW Calgary, AB T3R 0A1

(403) 516-1141

Fax (403) 516-1148



'Brugger' Postural Relief Position	
Sitting at edge of chair, feet and knees wider than pe	lvic
width and rotated slightly outward.	
Maintaining a chin tuck, raise chest up, allowing spine	e to

Maintaining a chin tuck, raise chest up, allowing spine to relax into a gentle arch.

Relax shoulders and rotate arms / hands so that thumbs

point backward. Hold, breath, release and repeat throughout the day.

Sets:	3
Reps:	3
Weight:	
Hold:	10 - 30 sec
Rest:	30-60
hourly	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Protocol: Carpal Tunnel





Active Pecs / Horizontal Abduction
Sitting or standing with hands open, palms together in front of stomach. Begin with arms below shoulder level. Inhale. Exhale and actively bring arms straight back as far as possible keeping tall posture. Hold briefly at stretch position and return to start position. Repeat motion raising level of arms each time until arms are up in a 'Y' position. Repeat the process back down to the start position.

	Sets:	2
	Reps:	
	Weight:	
ı	Hold:	4-6 sec
	Rest:	
	2	x/day

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Wrist Flexors - Elbow Extended

Sitting with arm straight out in front, fingers pointed up to ceiling.

Grasp fingers with opposite hand and gently bend wrist back.

	Sets:	
	Reps:	2x
	Weight:	
	Hold:	20 sec
	Rest:	
	2	x/day

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

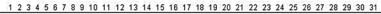


Wrist Extensors - Elbow Extended

Sitting with arm straight out in front, fingers pointed down to floor.

Grasp palm with opposite hand and gently bend wrist down as far as comfortable.

Sets:		
Reps:	2x	
Weight:		
Hold:	20 sec	
Rest:		
2	x/day	
	Reps: Weight: Hold: Rest:	Reps: 2x Weight: Hold: 20 sec







Wrist Extensors / Finger Abduction

Place elastic band around thumb or index finger and then criss cross it as it winds around each remaining finger. Place forearm flat on a table, slowly spread fingers wide apart.

Hold, relax gradually and repeat.

ı	Sets:	2
	Reps:	12
	Weight:	
	Hold:	4 sec
	Rest:	30-60
	Ę	daily
	į.	daily

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31





Finger Extension - From Clenching Clench the hand tight then open wide. Repeat.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	
2	x/day

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31