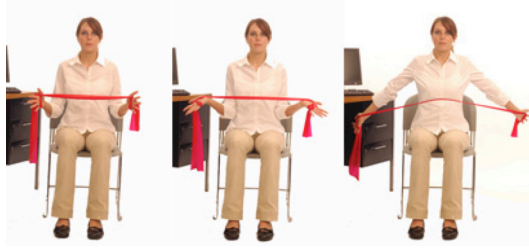


Upper Back Postural Exercise (Brugger Band)



Objective: To correct upper body postural distortions

Modern life is predominately in a forward flexed position. This produces a head forward and shoulders rounded in posture. The increased gravitational stress produced in this state results in chronically tight muscles and spinal degenerative changes. Some muscles are over-used and others are under-used.

The goal is to strengthen the under-used muscles, producing a healthy balance and a neutral posture. This exercise works extensor muscles in your fingers, wrists, elbows, shoulders and back.

Instructions:

Setup:

- Upright seated position, shoulders and hips aligned, tighten abdominals, relax knees
- Start with approximately a 3 foot section of band looped over your thumbs, palms forward; Do an inner circle with both hands to wrap band securely around wrists
- You will now have 15 – 18 inches of band between your hands, palms facing each other for your starting position

Exercise:

- Spread fingers fully; Extend wrists backward; Externally rotate hands so that palms are up
- Move hands apart; Open your chest as you pull shoulder blades together and down in back
- Take 4 seconds to go to full contraction; Hold for 2 seconds; Then take 4 seconds to return to starting position with palms facing down at the end
- Maintain control throughout the movement. At no point should the band be moving you.
- Breathe evenly while performing the exercise; Inhale as you spread your arms and open your chest; Exhale as you return to the starting position
- Do 12 repetitions. If the band length and tension is correct you should feel fully fatigued on the 12th rep. If necessary adjust the band resistance so that fatigue is reached on the last rep.
- Take a few seconds to lengthen the band between your hands to reduce the band tension slightly
- Do 12 more repetitions at a tension that once again fatigues the muscles you are using
- Maintain a consistent 4 – 2 – 4 tempo. There will be a tendency to speed up as you fatigue and are pushing to complete the 12 reps, so watch this.
- Notice areas that are weak or painful so you can report them to your doctor on your next visit (Example: Is it harder to rotate one wrist? Or does it hurt in a particular muscle in one of your shoulders?)
- As with any exercise, discontinue or adjust the exercise if you are having significant pain
- After the 12th rep, pause for 10 or 15 seconds, adjusting band length if necessary
- Complete the 3rd set of 12 reps, once again going to fatigue
- Do the full exercise series at least once a day and at least 5 days of the week
- For best success do it at a specific time and/or place. (Example: Before or after lunch before returning to your computer)