



BRUEGGER'S RELIEF

For relieving stress, upper trapezius and shoulder internal rotator spasm & tension as well as strengthening lower trapezius, rhomboids & shoulder external rotators.

Trapezius



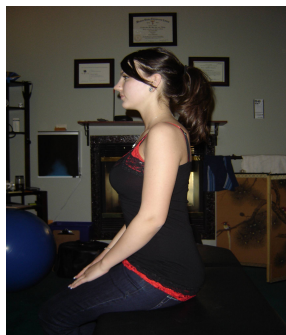
Shoulder internal rotators



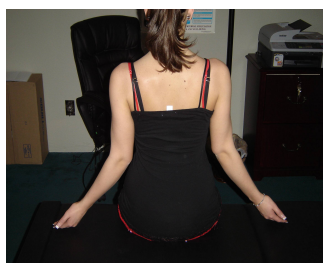
Rhomboids



Shoulder external rotators



- Begin by sitting up straight with good posture (sit on sit bones, low back curve, chest up, head back as if pulled from a chord above)
- As you inhale abdominally (stomach goes out), externally rotate your shoulders



- As you exhale (stomach comes in), slowly pull your shoulders down towards seat, trying to focus on and use your LOWER trapezius muscles in your mid – back. You may feel a stretching of your shoulder internal rotators and upper trapezius all the way to the base of your skull.
- Inhale and repeat.