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## Postural Strain Series

*This series of pamphlets is designed primarily for office and clerical workers as well as students and anyone who is required to be in a seated posture for extended periods of time. It may also be used to decrease strain associated with long flights, or car or train transportation leading to similar discomfort.*

*Please consult your chiropractor to determine if these exercises may be appropriate for you as well as for further advice on minimizing work-related stressors including ergonomic design, work/rest ratios, and task management.*



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# POSTURAL STRAIN

## Treatment for Postural Strain Part 1

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What should you do during work breaks??



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# POSTURAL STRAIN

## Taking breaks and what to do during those breaks...

When considering the problem of postural strain, you must first determine the postures and activities that you are maintaining for a prolonged period of time, or those repetitive activities which your body is required to endure. For many office and clerical workers, and students, it is the seated posture. Discuss these issues with your chiropractor and create a break schedule to help minimize those stressors.

When taking breaks from your work, integrate the following exercises into your routine. Subsequent pamphlets discuss stretches and strengthening exercises to help you cope with daily demands on your body.

## Exercise 1. Jaw Jut/Chin tuck

Maintaining your upper body in an upright position, cycle between the jaw jut and chin tuck 10 times. Take 3-5 seconds to cycle between the two extremes and attempt to isolate the movement to a single-planed translation from posterior to anterior.



**Exercise 1: Chin Tuck to Jaw jut.** Notice how the upper body remains stable while the head and neck move independently with the chin parallel to the floor

## Exercise 2. Shrug and Pinch

Once again sitting straight in your chair, depress your shoulders as far as you can and then keeping them in line with your torso, shrug them up towards your ears as far as you can. Cycle through this 10 times taking 3-5 seconds per cycle. (The Shrug)



**Exercise 2.1: The Shrug**

Next, maintain the upright posture, and pull your shoulders as far as you can to the front (protraction) and then pinch them together in the back (retraction). Cycle once again 10 times taking 3-5 seconds per cycle. (The Scapular Pinch).



**Exercise 2.2: The Scapular Pinch**

If you wish you may next combine the two exercises and roll your shoulders a few times making sure everything feels relaxed. Take your time and go to the end range with each motion.

## Exercise 3. Brüger

The Brüger exercise is designed to reinforce an upright seated posture so that you will train yourself to be conscious of when you are starting to slouch. Begin by slumping completely forward. Then overcorrect to an exaggerated upright position with the shoulders completely back, chest out, and hands externally rotated (**palms facing out**). Finally, relax slightly into an ideal seated posture. Cycle slowly through these positions 5- 10 times taking your time (10-15 seconds/cycle).



**Exercise 3: Brüger.** Follow the illustrations from left to right as in the above description

Make sure to take time to walk around your work place and continue to oppose the seated posture that you have been in. These exercises are an introduction and a basic guideline. The bottom line is to mix up your work tasks and take regular breaks to avoid overuse injuries and minimize postural strain. Also avoid heavy lifting immediately after sitting as it may put you at an increased risk of injury.



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