

## A simple routine to relax your shoulders

Do your shoulders feel like they get drawn up towards your ears? That they have become tense and tight. And it isn't convenient to lie on your PosturePole.

You may want to try this simple standing relaxation routine:

- (figure 1) • Feel along the tops of your shoulders for the tight, tender spots
- (figure 2) • Stand so that your feet are a little further apart than your hips and slightly turned out
  - Gently lengthen your spine by tucking your chin in slightly
  - Breathe in slowly through your nose
- (figure 3) • Exhale slowly through your mouth while turning your palms out, extending your fingers and slightly raising your chest
  - Repeat 2-3 times

Recheck your shoulders for change in tension

### How does this work?

By holding certain postures you can use your own nervous system to 'switch off' the tight muscles. This was first described by a Professor Brugger, a European neurologist who specialized in helping people with work related musculo-skeletal health problems.

Lying on the PosturePole activates the same nervous system mechanism to relieve tension and encourage a straighter more up-right posture.



figure 1- check for tension



figure 2 - lengthen & breathe



figure 3 - exhale & relax

The 'pearls' are offered as a free service from the professionals at PosturePole to inform people how posture influences their health. While based on clinical experience, the authors can accept no responsibility for the untoward consequences of any person following this advice. Seek professional attention if you have any specific postural or health concerns.