



# SANTIAGO CHIROPRACTIC ASSOCIATES

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## The Bruegger Relief Position for “Desk Jockeys”

Lake Hiawatha, NJ, July 2, 2012 -

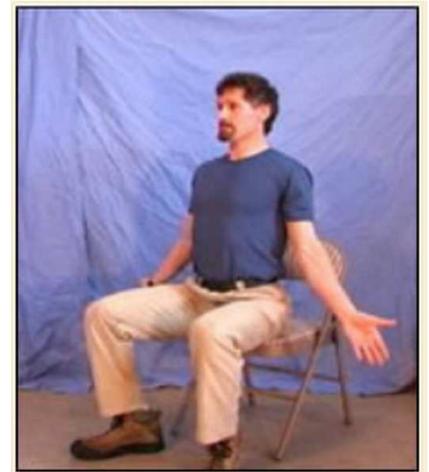
If you are one of the millions of Americans that spends 8+ hours at a desk each day, try this easy exercise during your next spare 10 seconds...

The Bruegger Relief Position was designed to be used as a rest position and provide relief from low back pain, shoulder pain and neck pain that may develop from sitting for extended periods of time. Take brief, periodic breaks throughout the day (5-10 seconds, every 30-60 minutes) and settle into this stylized posture:

Sit at the edge of the chair, with the legs slightly apart. The feet and

knees should be slightly turned out and the pelvis tilted slightly forward. You should establish a slight “hollowing” of the lower back and increase its curvature (lordosis).

Your chest should be lifted both up and out, which should allow the shoulders to settle backwards without strain. The arms are allowed to rest on the thighs with the hands facing forward. Lastly, the chin is gently tucked in and the head high and facing directly forward. Open the pectoral muscles, allow for proper breathing, let the shoulders relax, and focus on gently drawing your shoulder blades down and together.



### ATTENTION:

Summer Hours at Santiago Chiropractic will begin as of July 4 and extend through Labor Day Weekend:

Monday: 9AM-12:30PM, 4-6:30PM

Tuesday: 10AM-12:30PM

Wednesday: 9AM-12:30PM, 4-6:30PM

Thursday: By Appointment Only

Friday: 9AM-12:30PM, Afternoon by Appointment Only

## Hydration Highlights

It's getting hot! Remember these quick tips for staying hydrated this summer!

**1. Know the signs:** How can you tell if your body is well-hydrated? Pale urine, 6 restroom breaks/day!

**2. Get a head start on hydration:** Your body somewhat dehydrated when you wake up. Be sure to drink at least 8 ounces of water before you begin your AM workout.

**3. Drink mostly H<sub>2</sub>O:** Beware of potential dehydrating effects of anything but. If your taste buds need a change, try adding lemon, lime or cucumbers to your bottle.