Standing Supported Passive Left AF IR

1. Stand facing a table, desk or a counter top.
2. Place a 2-inch block underneath your left foot.
3. Place your right foot on the ground ahead of your left.
4. Round out your back and place both hands on the surface.
5. Shift your left hip back so that your pant zipper is towards your left big toe. Slightly bend your left knee. You should feel a stretch in your left outer hip (buttock). The majority of your weight should be on your left leg, through your left mid-foot/heel.
6. Further round out your back by placing both forearms onto the surface.
7. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth, filling the back of your chest wall with air upon inhalation.
8. Relax and repeat 4 more times.

Reference Center(s): Left abdominals, Left heel, Right arch

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