Standing Supported Passive Left AF IR with Right Trunk Rotation

1. Stand facing a desk or a counter top.
2. Place a 2-inch block underneath your left foot.
3. Place your right foot on the ground slightly in front of your left. Position yourself so that the weight of your body is distributed equally between both feet.
4. Round out your back and place both hands onto 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 now be on your left leg, through your left mid-foot/heel.
6. Sidebend your trunk to the left, bringing your left shoulder lower than your right.
7. Staying sidebent to the left, begin to orient your trunk to the right by reaching across the midline of your body with your left arm. Place your left forearm on the table and keep your right arm straight. You should begin to feel your left abdominal wall engage.
8. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth, filling your right chest wall with air.
9. Relax and repeat 4 more times.

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

Copyright © 2012 Postural Restoration Institute®