Squatting Bar Reverse Reach

1. Hold onto a wooden pole across a door frame and find the best functional squat position (bottom of pelvis to heel cords), while keeping your heels down and knees inside your elbows. You may need to stand back up and reposition your feet so you can get your bottom down as far as allowed.

2. Once you have positioned yourself in the most optimal squat position, take a deep breath, in through your nose, and fill the back of your chest wall with air while keeping your eyes up or level with the floor. Exhale through your mouth as you lean back until all your air is out. Repeat this sequence of inhalation and exhalation 3 to 4 more times, always allowing your heel cords, front of your thighs/knees and your back muscles to relax and stretch.

3. After the fourth breath in, exhale and begin to stand up pushing down through your heels and keeping your back rounded while sliding the pole up the door frame as necessary to assist you in coming up.

4. Lower the pole and repeat the process 4 more times.

5. The goal is to perform the first 3 steps above with the pole at the level of your ankle, with your elbows straight, with your knees in your chest and with the bottom of your pelvis on your heel cords (PRI Squat Level Four or Five).

Once you’ve achieved the above goal, repeat the first three steps. After the fourth breath in, reach forward with your hands as you exhale so that the pole loses contact with the door frame. As you exhale, begin to stand up, pushing through your heels and continuing to reach forward so that the pole doesn’t touch the door frame.

Go to your local hardware store and purchase a 1 inch x 4 foot wooden pole. For cushion, encase the pole in pipe insulation.

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

Copyright © 2012 Postural Restoration Institute®