Right Sidelying Respiratory Left Adductor Pull Back

1. Lie on your right side with your feet on a wall with your hips and knees at a 90-degree angle, ankles and knees together and your back rounded. Place a pillow under your head and keep your back and neck relaxed.
2. Place an appropriate size bolster between your feet and a towel between your knees. Your left knee should be lower than your left hip and ankle.
3. Push your right foot into wall.
4. Begin by inhaling slowly through your nose as you pull back your left leg.
5. Exhale through your mouth as you squeeze your left knee down into the towel for 3 seconds.
6. Inhale again as you pull back your left leg further. You should begin to feel your left inner thigh engage.
7. Exhale and squeeze your left knee down.
8. Continue the sequence until you have completed 4-5 breaths in and out. Attempt to pull back your left leg further each time you inhale.
9. Relax your knees back to the starting position and repeat the sequence 4 more times.

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