Seated Bar Reach

1. Sit in a chair with your feet flat and your knees at or slightly above hip level.
2. Place a bar on the outside of a door frame and hold onto the bar slightly below shoulder level.
3. Inhale through your nose and exhale through your mouth as you round your back by taking up the slack in your arms and rolling your pelvis back so your bottom is tucked under you. You should feel a stretch across your back.
4. Hold this position while you take 4 to 5 breaths, in through your nose and out through your mouth. Try to fill up the back of your chest wall with air upon each inhalation.
5. Relax and repeat 4 more times.

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

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