Standing Supported Left AF IR with Right Arm Reach

1. Stand against a desk or counter, and place your left foot on a 1-inch block. Place your right foot slightly ahead of your left foot.
2. Place your hands on the surface in front of you and round your back (tuck your bottom).
3. 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.
4. Maintaining a stretch in your left back pocket (buttock), pull your left knee in. You should feel the muscles on the front of your left thigh, your left outer hip (buttock) and your left inner thigh engage.
5. Reach forward with your right arm as you sidebend to the left. You should feel your left outer abdominals engage.
6. Inhale through your nose and attempt to fill your right chest wall with air.
7. Exhale through your mouth as you reach forward and across your mid-line with your right arm.
8. Continue this process for 4 to 5 deep breaths, in through your nose and out through your mouth, reaching a little further with each exhalation.
9. Relax and repeat 4 more times.

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

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