

Left Sidelying Right Apical Expansion with Passive Right FA Abduction



1. Lie on your left side with a pillow under your head, and pillows or a bolster under your left side so that your trunk is sidebent to the left. You should feel a stretch in your right lateral chest wall.
2. Rest your right foot on a stool so that your foot is elevated higher than, the level of your hip and bend your left knee. You should feel a stretch in your right inner thigh.
3. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth, attempting to fill or expand your right lateral chest wall with air upon inhalation.
4. Relax and repeat 4 more times.