

Standing Supported Right Step Around with Right Quadratus Lumborum Stretch and Right Apical Expansion



1. Place a dowel or stick in your right hand.
2. Keeping your left toes pointed straight ahead, cross your right foot in front of your left making a “T” with your feet.
3. Slightly bend your knees and shift your left hip back.
4. Inhale through your nose and exhale through your mouth as you begin to round out your trunk.
5. Keeping your right arm out to the side, reach for your right toes with your left hand.
6. Maintaining the above position, inhale again through your nose, filling your right chest wall with air.
7. Exhale and hold this position. You should feel a stretch through your hips, back and right chest wall.
8. Continue this sequence of breathing until you have taken 4-5 deep breaths, in through your nose and out through your mouth.
9. Relax and repeat 4 more times.