

## **Sternal Positional Stretch**



1. Lie on the floor or an elevated surface with your lower legs supported and your upper trunk (hips to shoulders) resting on a 2 ½ inch Airex pad or a firm blanket.
2. With your head and neck unsupported, bring your head to neutral by moving your chin down slightly.
3. Keep your arms at shoulder level and lower them over the elevated surface. You should feel a stretch through the front of your chest wall.
4. Maintain this position for 20-30 minutes as you concentrate on deep exhalation. Pause 4-6 seconds before each inhalation phase without using your neck to inhale. Feel your low back flatten as you sigh out the air.

*Airex pad dimensions: 20" length x 16.4" width x 2 ½" height.*