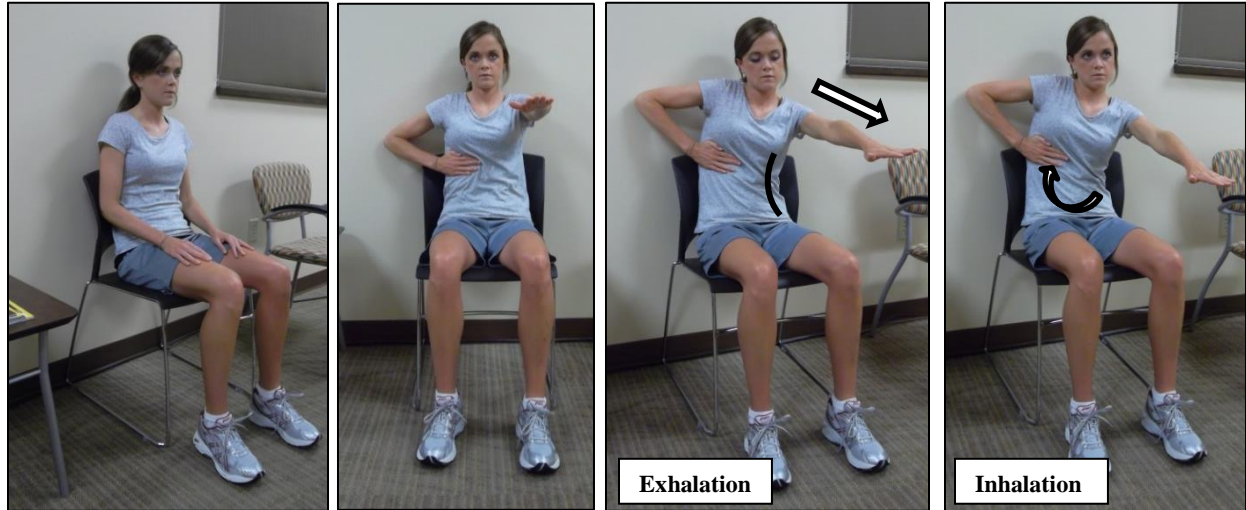


SEATED RIGHT THORACIC ROTATION WITH BILATERAL RIB SENSORY AWARENESS AND INHALATION AND EXHALATION INTEGRATION



1. Sit in a chair with knees at or slightly above hip level. Roll back and feel “sit bones” and find the chair back with your mid back.
2. Find and feel your left heel grounded on the floor.
3. Place your right hand on your lower rib cage and place your left hand straight out in front of you.
4. Breathe in through your nose. Exhale through your mouth as you reach forward with your left arm feeling your left ribs move down and in and your trunk slightly side bend to the left. Keep left heel awareness and grounding throughout the exercise.
5. Inhale through your nose as you feel right ribs move up and back as the right chest wall expands and the upper trunk rotates slightly to the right.
6. Relax to the starting position. Repeat 4-5 times feeling and emphasizing left rib movement with each exhalation and right rib movement with each inhalation.
7. Relax and repeat 4 more times.

Option: You could start with the inhalation phase feeling right ribs move up and back followed by full exhalation with left arm reach feeling left ribs move down and in. Then relax to starting position.