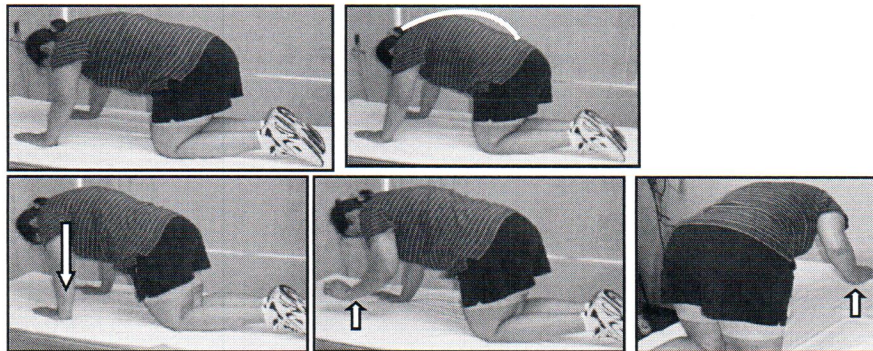




PEC AND PATHO PEC REPOSITIONING (Bilateral Anterior Inlet and Bilateral Posterior Outlet Inhibition)

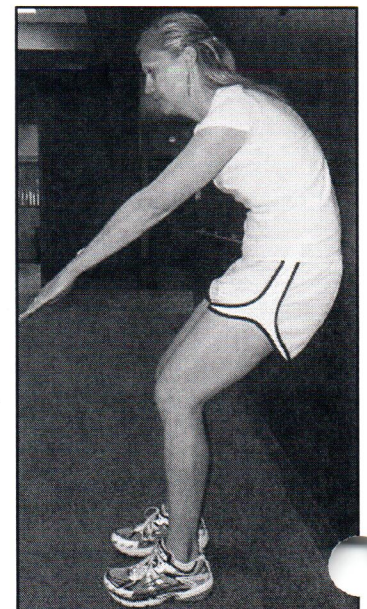
Modified All Four Belly Lift

1. Position yourself on your hands and knees with your back rounded.
2. Maximally round your spine by arching your back upward, as you roll your pelvis back so that your bottom tucks under you.
3. Shift your body weight forward so your nose is over your fingertips. You should feel your outer abdominals.
4. Raise your left hand off the floor as you maintain a rounded trunk position. Don't let your trunk turn or twist when you lift up your hand. You should feel your right abdominal wall engage when you pick your left hand up.
5. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth.
6. Lower your left hand to the floor and take your right hand off the floor. You should feel your left abdominal wall engage when you pick your right hand up.
7. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth.
8. Relax and repeat both sequences.



Standing Wall Supported Reach

1. Stand facing away from a door, and place your heels 7-10 inches from the wall.
2. Stand up straight with a ball between your knees and feet shoulder width apart.
3. Bring your arms out in front of you as you round out your back, performing a pelvic tilt so your lower back (mid-back and down) is flat on the wall.
4. Squat down slightly as you squeeze the ball.
5. Keeping your lower back flat on the wall, inhale through your nose.
6. As you exhale through your mouth, reach your arms forward and down so your upper back comes off the wall (your lower back should stay flat on the wall).
7. Hold your arms steadily in this position (reach), as you inhale through your nose again and expand your upper back. You should feel a stretch in your upper back.
8. Exhale and reach further forward. You should feel the muscles on the front of your thighs and outer abdominals engage.
9. Repeat this breathing sequence for a total of 4-5 deep breaths, in through your nose and out through your mouth.
10. Slowly stand up by pushing through your heels, keeping your lower back flat on the wall.
11. Relax and repeat 4 more times.





90-90 Hip Lift in Passive FA IR with Balloon

1. Lie on your back with your feet flat on the wall and your hips and knees bent at a 90-degree angle. Move your feet out so they are wider than your hips.
2. Place a 4-6 inch ball between your knees.
3. Inhale through your nose and as you exhale through your mouth, perform a pelvic tilt so that your tailbone is raised slightly off the mat. Keep your low back flat on the mat. You should feel the muscles on the back of your thighs engage.
4. Inhale through your nose and slowly blow up the balloon, pause 3 seconds and don't let the air flow out of the balloon by placing your tongue on the roof of your mouth.
5. Keeping the tongue on the roof of your mouth, inhale through your nose and relax your pelvic tilt.
6. Then slowly blow out into the balloon as you perform the pelvic tilt and pause 3 seconds.
7. Continue this breathing sequence for 4 to 5 breaths, performing the pelvic tilt on each exhale and relaxing on each inhale.
8. Relax and repeat 4 more times.

