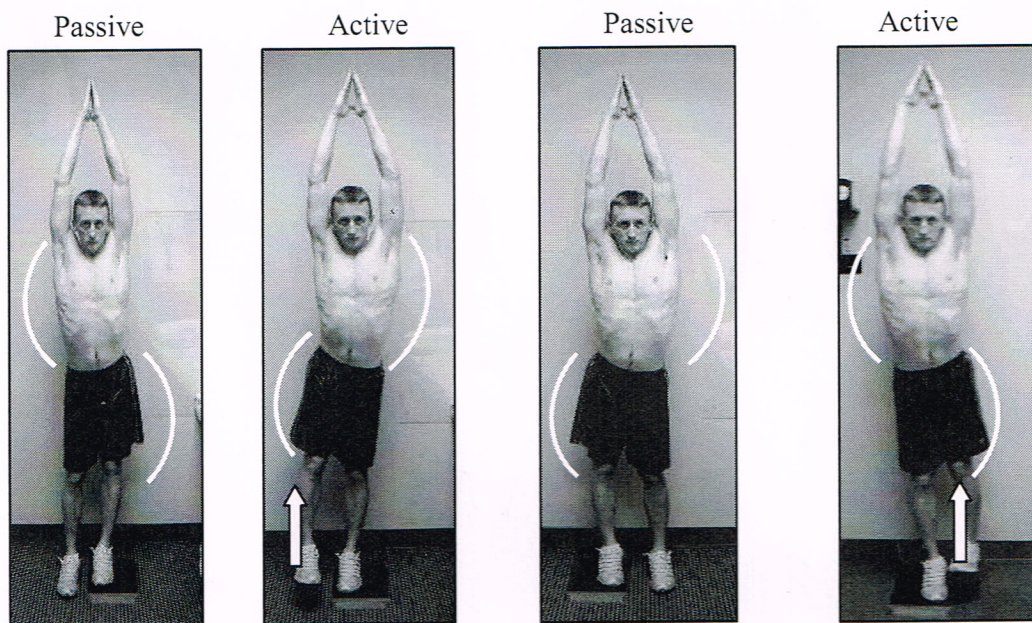


Upright Thoracic Abduction with Contralateral Lower Extremity Abduction



1. Stand against a wall with your left foot on a 2-inch block and your right foot on the ground.
2. Place your hands in a prayer like position and raise them directly above your head keeping them in line with your nose.
3. Straighten out your left knee.
4. Hold this position and take 2-3 deep breaths in through your nose and out through your mouth.
5. Do not let your arms move to the side and do not let your knees bend.
6. In the passive position you will feel a stretch in your left hip and right chest wall.
7. While holding the above position, hike your right leg up above the level of your left foot while keeping your right and left knee straight.
8. In the active position you will feel your left outer hip and right inner thigh working along with a stretch in your left chest wall.
9. Hold this position while you take 4-5 deep breaths in through your nose and out through your mouth.
10. Relax and repeat 4 more times.

-
1. Reverse your position and now place your right foot on a 2-inch block.
 2. Place your hands in a prayer like position and raise them directly above your head keeping them in line with your nose.
 3. Straighten out your right knee.
 4. Hold this position and take 2-3 deep breaths in through your nose and out through your mouth.
 5. Do not let your arms move to the side and do not let your knees bend.
 6. In the passive position you will feel a stretch in your right outer hip and left chest wall.
 7. While holding the above position, hike your left leg up above the level of your right foot while keeping your left and right knee straight.
 8. In the active position you will feel your right outer hip and left inner thigh working along with a stretch in your right chest wall.
 9. Hold this position while you take 4-5 deep breaths in through your nose and out through your mouth.
 10. Relax and repeat 4 more times.