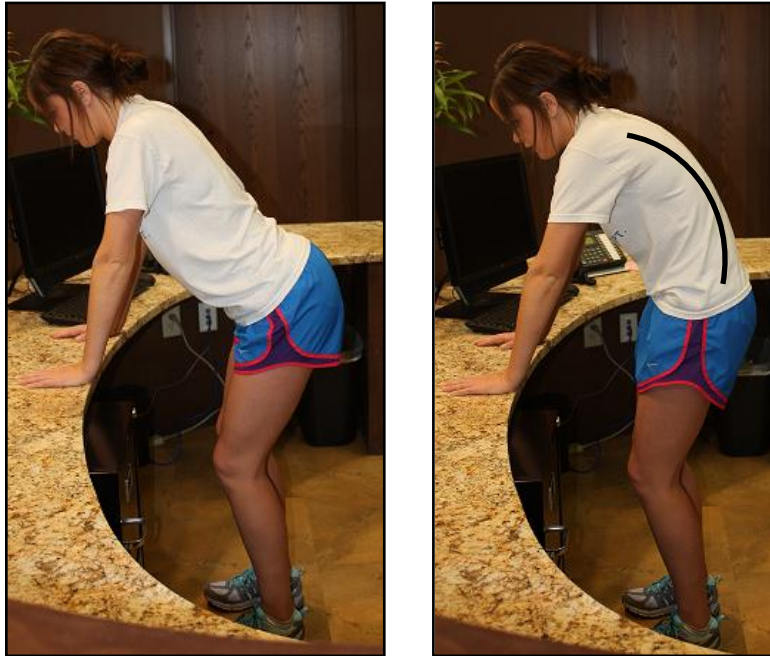


Standing Supported Bilateral Posterior Mediastinum Expansion



1. Stand facing a desk or a counter top, and place both hands on the surface in front of you.
2. Keep your feet shoulder width apart and knees slightly bent.
3. Maximally round out your back as you tuck your bottom under you.
4. As you inhale through your nose, gently press down into surface as you attempt to fill or expand your upper back with air.
5. Exhale through your mouth as you maintain this position.
6. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth, attempting to fill or expand your upper back with air upon each inhalation.
7. Relax and repeat 4 more times.

Reference Center(s): *Left abdominals, Left heel, Right arch*