

Standing Wall and Chair 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. Keeping your lower back against the wall, reach forward and place your hands on a moveable surface (rolling chair or stool).
5. Inhale through your nose and exhale through your mouth, reaching forward as you move the surface forward.
6. Hold this position and inhale through your nose, attempting to expand your upper back with air on inhalation.
7. Exhale and reach forward further without letting your bottom leave the wall. You should feel a stretch through your back.
8. Inhale once more and exhale as you slowly begin to stand up by pushing through your heels, and bring your arms back towards you while keeping your bottom on the wall.
9. Relax and repeat 4 more times.