

All Four Left Posterior Mediastinum Expansion in Left Trunk Rotation



1. Position yourself on your hands and knees with a 1-inch block or towel under your left hand.
2. Maximally round your spine by arching your back upward, as you roll your pelvis back so that your bottom tucks under you.
3. As you inhale through your nose, gently press down with both arms as you attempt to “fill” your left upper back with air.
4. Exhale and maintain this position.
5. 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 left upper back with air upon each inhalation.
6. Relax and repeat 4 more times.