

## PRI Wall Supported Squat with Respiratory Right Apical Expansion



1. Stand with your heels 7-10 inches away from the wall.
2. Place a 4-6 inch ball between your knees.
3. Place your bottom on the wall and slide down by slightly bending your knees.
4. Round out your back as you perform a pelvic tilt so that your low back is flat on the wall.
5. Squeeze the ball between your knees and inhale through your nose.
6. Exhale through your mouth and reach forward with both of your arms.
7. Inhale again and this time exhale as you reach forward with only your right arm.
8. Inhale and hold this position, attempting to fill your back chest wall with air.
9. Exhale and reach forward further with your right arm.
10. Continue this sequence for one more breath in and out.
11. Maintaining the above position, inhale again as you reach forward with your left arm upon inhalation, attempting to fill your back chest wall with air.
12. Exhale and hold this position.
13. Inhale and reach forward further and slightly to the right with your left arm. Reach and rotate as you inhale so that your nose is directly over your right knee. Your body weight will be shifted to the left and you should feel your left outside hip (buttock) engage.
14. Repeat this sequence one more time.
15. Maintaining the position, slowly stand up with your body shifted to the left.
16. Relax and repeat the entire sequence 4 more times, performing the correct inhalation and exhalation sequence with your right and left arm, and attempting to fill your back chest wall with air upon each inhalation.

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