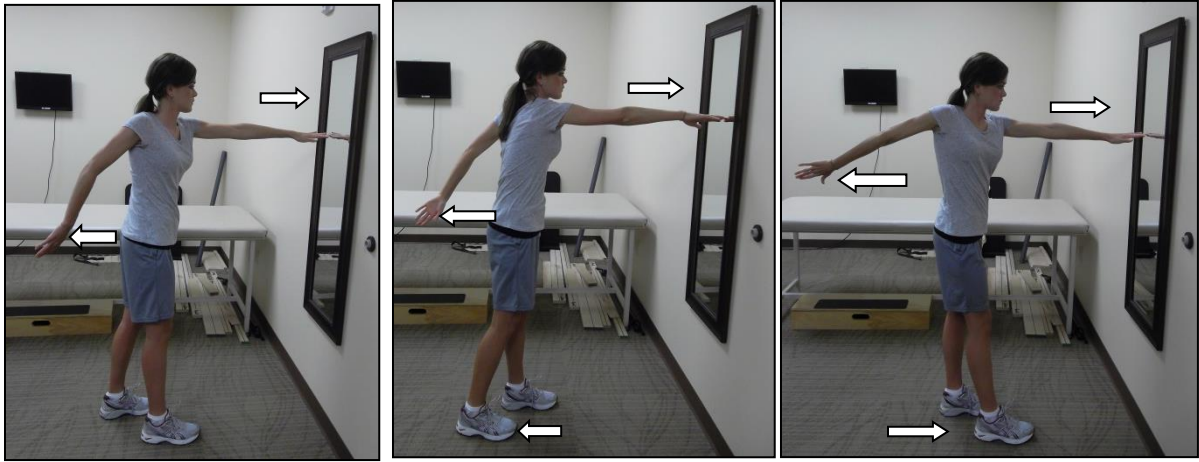


## MIRRORED LEFT STANCE WITH LEFT ARM REACH



1. Face a full length mirror and place your left foot behind you and your right foot ahead of you.
2. Keep your feet parallel with each other as you begin to look at you, or the “person” in the mirror. Shift your left hip back as you place a majority of your weight on the left foot. Your right hip should come forward and your pelvis will be oriented to the left. Rotate through your pelvis and not through your back.
3. Place your left arm straight out in front of you and your right arm behind you.
4. Study the person in front of you as you feel your left foot and heel on the ground, and as you look at the person in the mirror’s right hand.
5. Hold this position for 30 seconds as you breathe, feel your weight on the left foot on the floor and see your mirrored image’s right hand that is reaching forward.
6. After 30 seconds follow the direction of the person in the mirror is giving you without your left foot leaving the floor. In other words, “my mirrored image has the right hand forward, the right foot back, and the left hand back”, so move your right hand forward, your right foot back, and your left hand back. Hold this position for 30 seconds, as you breathe, continue to feel your weight on your left foot and now look at the person in the mirror’s forward positioned left hand.
7. After 30 seconds follow the direction the person in the mirror is giving you while your left foot stays planted on the floor. Vocalize, “My mirrored image has the left hand forward, the right foot forward, and the right hand back”, so therefore move your left hand forward, your right foot forward, and your right hand back. Hold this position for 30 seconds, as you breathe, and continue to feel your weight on your left foot; and now, look at the person in the mirror’s forward positioned right hand.
8. After 30 seconds, relax; walk around for a few minutes and repeat, if you are not dizzy.

Note: Initially it may be beneficial to touch the mirror with each hand in the forward position for the sensory and visual feedback it gives. Gradually step away from the mirror and do the exercise as written without touching the mirror.