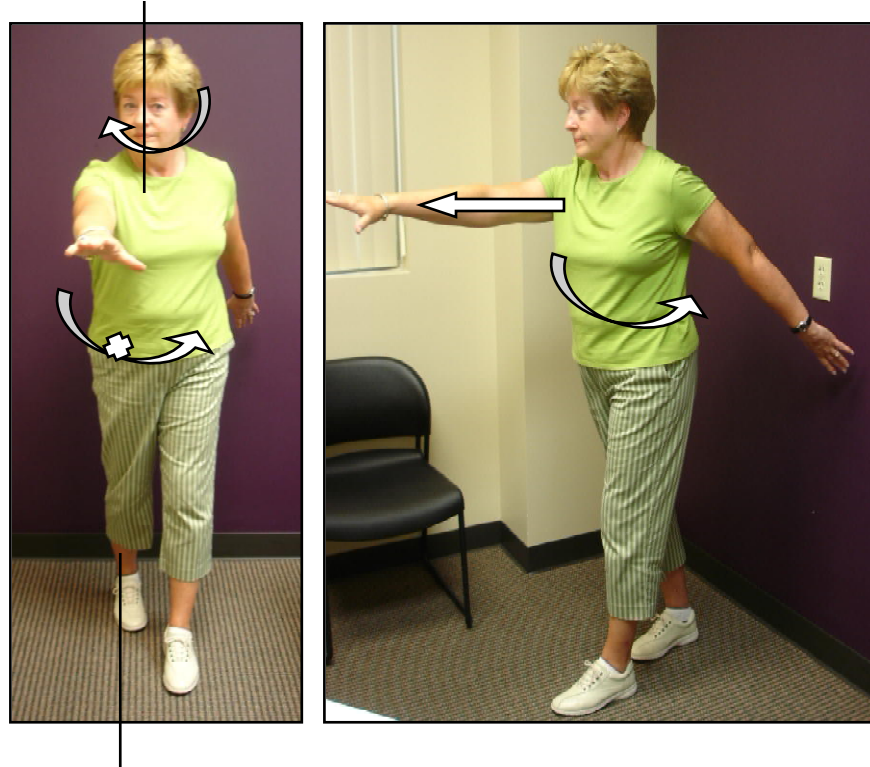


Left Stance in Left AF IR Position from the Left AIC Pattern



1. Place your left foot in front of you and your right foot behind you.
2. Keep your toes pointing straight or slightly turned in, and keep your knees straight.
3. Shift your left hip back or bring your right hip forward. Your pelvis will begin to orient to the left. Rotate through your pelvis, not your back.
4. Place your right arm straight out in front of you at the level of your shoulders and keep your left arm slightly behind you.
5. Keep your head slightly rotated to the right.
6. Inhale through your nose. Exhale through your mouth as you reach forward with your right hand.
7. Hold this position as you inhale again. Exhale and reach forward further with your right hand. You should begin to feel a stretch in the front of your right hip.
8. Continue for a total of 4-5 deep breaths, in through your nose and out through your mouth.
9. Relax and repeat this exercise throughout the day.

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