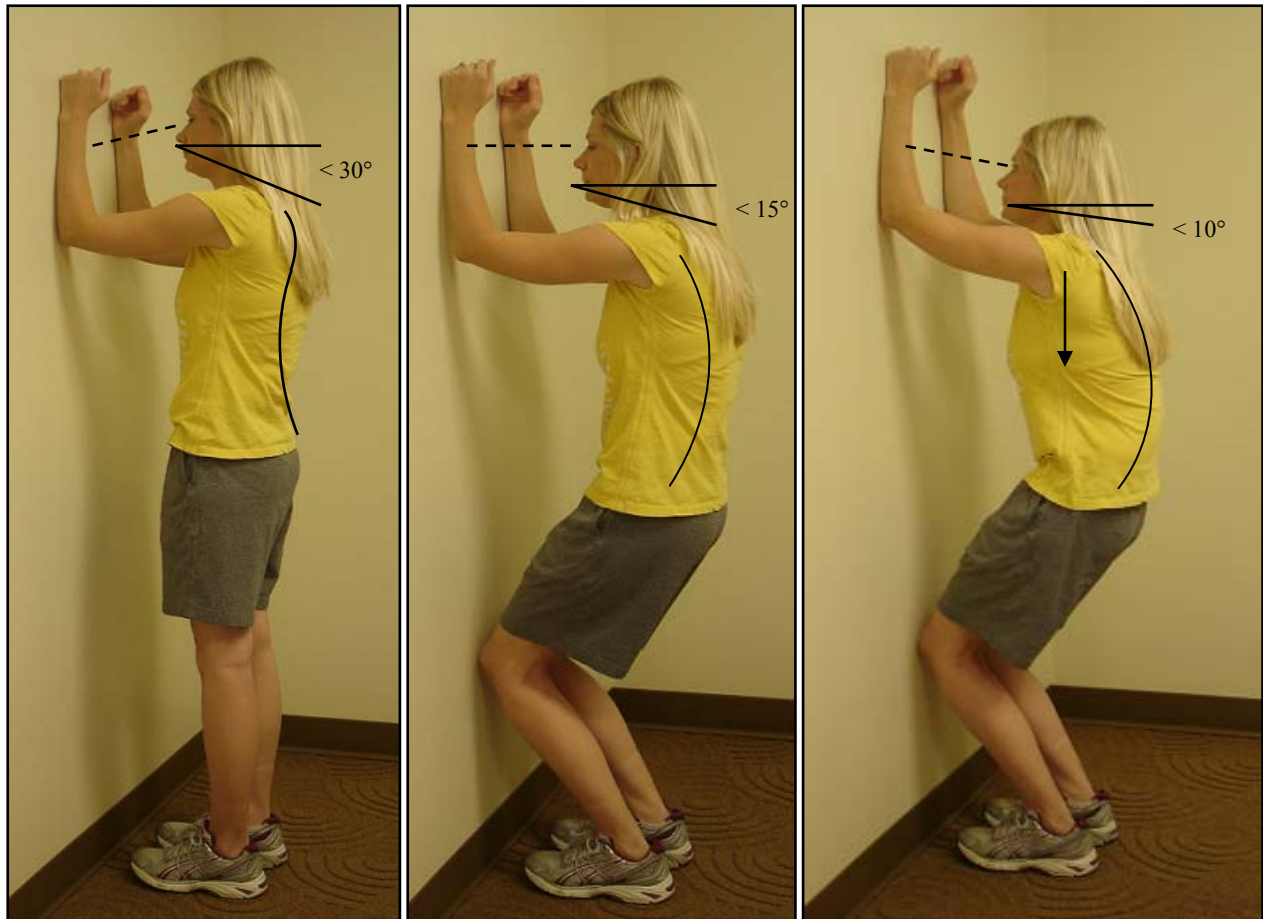


## Standing Serratus Stomatognathic Squat



1. Stand facing a wall with your toes pointed forward.
2. Bring both elbows to shoulder level and bend both arms at a 90-degree angle.
3. Keep your palms facing each other and press your elbows into the wall.
4. Keeping your elbows pressed into the wall, round your back and begin to squat by bending your knees.
5. Without letting your arms move, continue to squat until your knees touch the wall. You should feel the muscles underneath your shoulder blades and the muscles on the tops of your thighs engage.
6. Slide arms down as necessary to keep a 90-degree angle at your elbows.
7. With your back rounded, look straight ahead so that your eye level is horizontal with the floor. Keep your heels on the floor and take a breath in through your nose filling the back of your chest wall with air. Exhale through your mouth as you hold the position.
8. Keeping your eyes fixed on the wall, attempt to further round out your back as your head tilts back and chin tilts up. Your eyes should be slightly up at this point.
9. Open and close your mouth, attempting to seat all your teeth upon closure. Keeping your teeth together, breathe in through your nose and out through your mouth.
10. Begin to stand up placing weight through your heels.
11. Relax and repeat 4 more times.