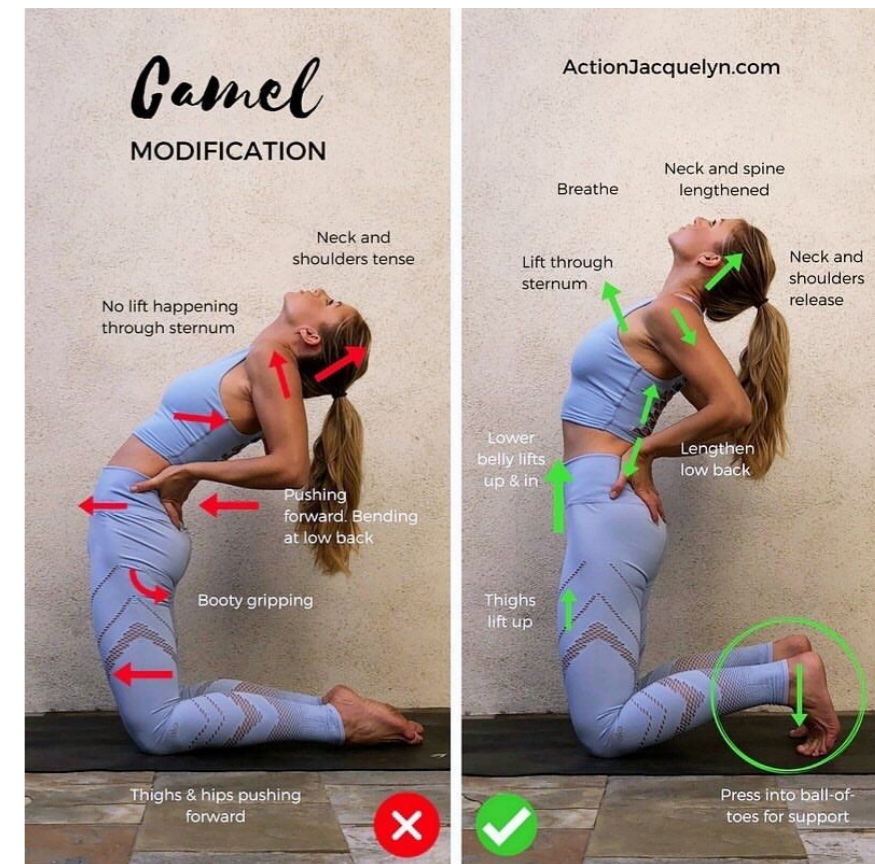


Sternal Lift Exercise

The sternum lift exercise is a movement crafted to enhance chest expansion and boost thoracic mobility. This exercise is particularly appealing to me because it targets muscles that can be challenging to activate effectively. It entails the gentle elevation of the sternum, which is the central breastbone positioned at the chest's core. Commonly integrated into practices like yoga, Pilates, and other movement therapies

Here's how to execute a sternum lift:

- Begin by assuming an upright position, whether seated or standing, while keeping your shoulders relaxed.
- Inhale deeply through your nostrils, visualizing the chest expanding and lifting with a gentle ascent.
- As you breathe in, softly lift the sternum (breastbone) slightly upward and forward.
- Gradually exhale through your mouth.
- Repeat this sequence for several breath cycles, focusing on the gradual rise of the sternum. You can also do this with hands on hips as pictured, push down at hips you lift chest up/



Benefits of the Sternum Lift Exercise:

- **Improved Thoracic Mobility:** The sternum lift exercise is designed to enhance mobility in the thoracic spine, particularly advantageous for those who spend extended periods in seated positions or struggle with poor posture. It effectively counters the stiffness that can develop in this region.
- **Enhanced Breathing:** By lifting the sternum and expanding the chest, this exercise promotes deep and rejuvenating breathing patterns. Deep breaths can aid in elevating oxygen intake, reducing stress, and optimizing lung function.
- **Engagement of Hard-to-Reach Muscles:** This exercise effectively engages muscles that can be challenging to activate, contributing to enhanced strength and control in the upper body and spine.
- **Postural Enhancement:** Regular practice of sternum lifts encourages an open chest and an upright upper body position, making it a valuable tool for improving posture.
- **Stress Reduction:** When performed mindfully, incorporating controlled breathing techniques, this exercise can effectively reduce tension and stress in the upper body, fostering relaxation and mindfulness.
- **Complement to Core Work:** In disciplines like Pilates and yoga, sternum lifts are commonly integrated into core-strengthening routines. They engage the muscles of the core and upper body, enhancing overall strength and stability.
- **Therapeutic Benefits:** Individuals with specific conditions, such as rib cage tightness or respiratory issues, may find sternum lifts to be therapeutic, helping to alleviate discomfort and expand chest mobility.

It is essential to acknowledge that the sternum lift exercise is generally considered safe for most individuals. However, if you have underlying medical conditions or concerns related to your chest or spine, it is advisable to seek guidance from a healthcare professional or a qualified instructor before incorporating it into your exercise routine. Their expertise will ensure that you perform the exercise correctly and safely, tailored to your individual needs.