

Foam Rolling Exercises for Posture

Extension Roll

- Lie on your back with your feet flat on the floor and hips-distance apart. Place the foam roller under your upper middle back. Place your hands behind your head to support your neck and head.
- Lift your hips into a bridge position, and use your legs and core to stabilize you. Driving through your heels, inhale as you roll along your spine, stopping at the top of the shoulder blades.
- Exhale as you roll down your back, stopping at the bottom of your rib cage. Avoid rolling the low-back area. Repeat eight to 10 times.

Pectoral Stretch

- With the foam roller *lengthwise* lie down on the foam roller, supporting your entire spine on the foam roller, from your head to your hips.
- Place your arms out to each side for balance, and keep your legs bent and your feet on the ground.
- Slowly roll your entire body from side to side, toward each arm. Do not twist your spine, but roll your entire body in one unit, like a log. Your head should move in the opposite direction as your body. Hold the roll to each side and feel the pull in your pectoral muscles.

Lat Roll

- Start by lying on your side with a roller under one armpit. Extend the arm on the side with the roller up above the roller. Then rock forward and backward on the roller, rotating your chest toward the ground and then up toward the ceiling as you roll on the roller so it hits toward your ribs and then toward your back.
- Hold on any tight spots you find then move it lower down the side of your back. Hold on any tight spots as you go and make sure to rock forward and backward as you make your way down your side.
- As you work down your side, you may want to rotate slightly more toward your back. Work all the way from your armpit to about the end of your rib cage.
- Be careful when rolling lower down your back into your low back. You do not want to arch over the roller and hyperextend your low back.

Thoracic Roll

- Place the roller on the ground and lie back over the roller with the roller at about your mid-back. You do not want to do this move with the roller in your low back or you could hyperextend your low back.
- Cross your hands over your chest and, keeping your butt on the ground, extend your back over the roller. As you extend back over the roller, reach your hands overhead and relax your head and neck. Try to touch the backs of your hands to the ground behind you without lifting up your buttocks or putting the move all in your low back. Focus on extending your mid and upper back over the roller.
- Sit back up and cross your hands back over your chest. You can then repeat, relaxing and extending back over as you relax your arms back overhead.
- Perform the extension a few times, especially if the area feels tight, and then move the roller higher up on your back and, again with your buttocks on the ground, extend back over the roller. Hold for a second or two as you extend so that you can breathe and relax more over the roller.



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