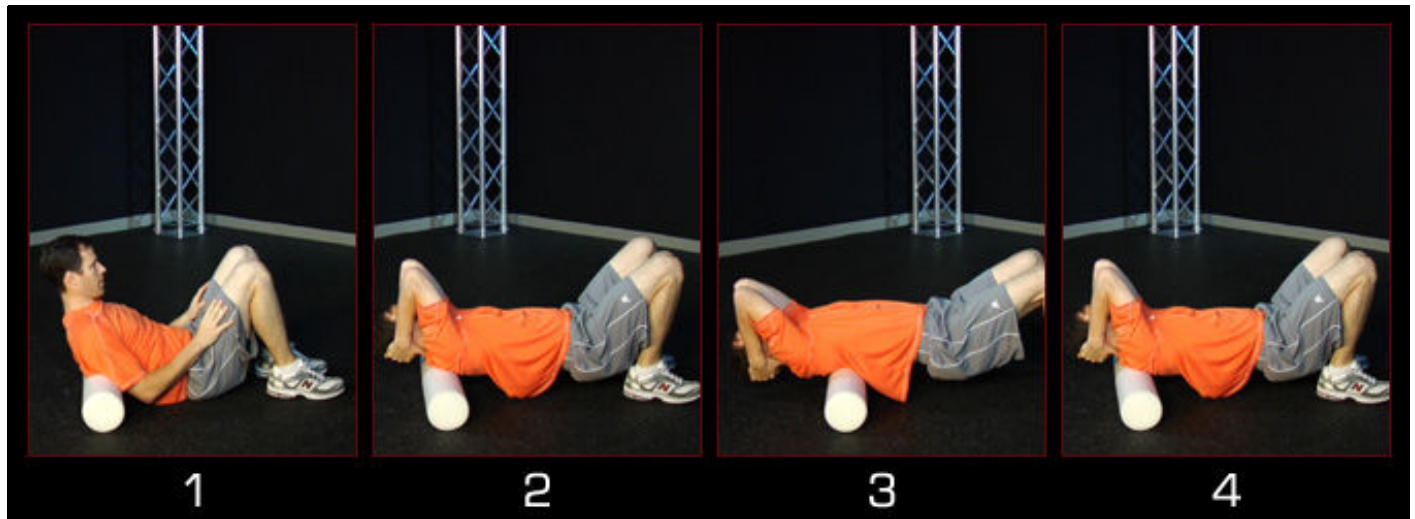


Foam Roller - Mid Back



Begin exercise in supine position with mid-back placed directly on the foam roller with both elbows in front of face and both legs supporting body weight. Next, roll the mid-back across the foam roller from high to low. You may allow the upper back to bend or fold around the foam roller while maintaining your hip height to promote greater thoracic spine mobility (extension). Never perform exercise to the point of pain, but make sure that your muscle is feeling just short of the pain threshold as this will help to establish the best mobility in the muscle tissue.

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