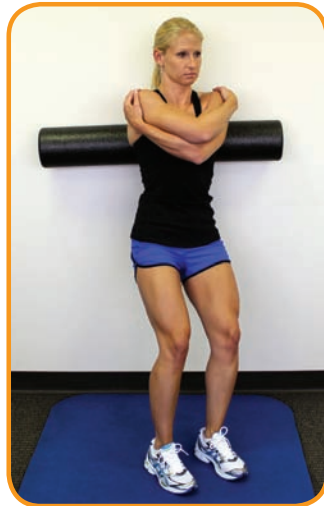
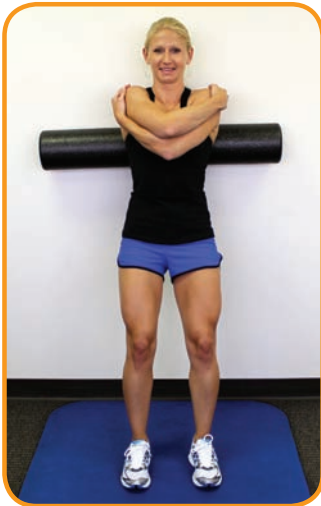


Thoracic Spine (Mid-Back)

Wall

- While standing facing away from an empty wall, place the Foam Roller between your midback and the wall.
- Stand 3-4 feet away from the wall and (gently at first) lean back, pushing your mid back into the Foam Roller.
- Reach your arms forward, placing your elbows together to move your shoulder blades out of the way.
- Slightly bend and straighten your legs to move the Roller up and down along the musculature of your mid-back.
- Roll 5-10 degrees to the right or left to emphasize one side.

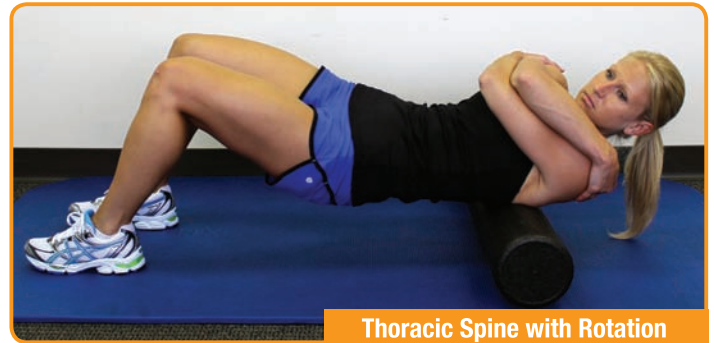


Floor

- Begin with Roller around the mid back and balance with the back flat.
- Place arms across the chest.
- Slowly roll to just above the shoulder blades.
- Roll 5 degrees to the right or left to emphasize one side.



Thoracic Spine Neutral



Thoracic Spine with Rotation

Lumbar Spine (Low-Back)

Floor

- Lying in the supine position, place the Foam Roller in the arch of your lower back.
- Place the soles of your feet on the floor.
- Rotate 5-10° to the R/L supporting yourself with your forearm.
- Roll the Foam Roller along the arch of the back using your legs to move up and down.



Wall

- While standing facing away from an empty wall, place the Foam Roller between the curve of your lumbar spine and the wall.
- Stand 3-4 feet away from the wall and (gently at first) lean back, pushing your low back into the Foam Roller.
- Slightly bend and straighten your legs to move the roller up and down along the musculature of your low back.
- Roll 5-10° to the right or left to emphasize one side, taking care to avoid rolling on the lower ribs, which will be sharply tender should you roll over them.

