



Fig. 2 (A) Foam roll stretch (vertical) (B) Foam roll stretch (horizontal).

Back stretch with foam rolls

(A) Vertical (easier)

Your starting position:

- . Sit back on a half foam roll placed vertically under the full length of your back. Be sure your head and neck are supported and that your knees are bent with your feet on the floor.

The exercise:

- . Begin with your arms at your sides and then slowly raise them overhead
- . Keep your chin slightly tucked in throughout the exercise
- . You can progress this exercise from a half roll to a full roll.

(B) Horizontal (harder)

Your starting position:

- . Place a foam roll horizontally on the floor
- . With your knees bent and your hands clasped behind your neck lay back over the roll.

The exercise:

- . Lay your mid back over the foam roll and then roll your spine back and forth over it by slowly flexing and extending your knees
- . It is alright to slightly lift your hips and pelvis off the floor
- . Avoid letting your head fall back too far
- . Don't allow your chin to poke up towards the ceiling. This exercise can be made easier by using two full foam rolls or a single half foam roll