

# HOW TO FOAM ROLL UPPER BACK & SHOULDERS

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**Instructions: Include the following foam rolling exercises as a part of your warmup before upper body workouts and as post workout recovery drills.**

## **FOAM ROLLING EXERCISES**

### **Foam Rolling Upper Back - Supine Position**

**How To Do:** Place foam roller against your upper back horizontally and roll back and forth 6-10 times. Progress by shifting your weight to one side and repeat.



### **Foam Rolling Upper Back/Armpit Area - Side Lying**

**How To Do:** Place foam roller against your lat horizontally and roll back and forth 6-10 times. Next place the device in the back of your shoulder/armpit area and roll back and forth 6-10 times.



### **Thoracic Spine Mobilizations**

**How To Do:** Place foam roller against your back horizontally. Next, clutch your hands behind your head and lower your elbows to the floor. Progress this exercise by extending your arms overhead.

**Note:** The roller stays in a fixed position throughout this drill.



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• CONSULT YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM.

