

FOAM ROLLER EXERCISES FOR A STIFF AND ROUNDED MIDDLE SPINE

Exercise 1

- Lie on your back, knees bent
- Place the roller along the length of your spine (head to tailbone)
- Lie of the roller with your head and tailbone on the roller (90cm roller)
- Assume a good posture - back of the neck elongated, rib cage relaxed
- Arms out to the side in crucifix position (eventually a bit higher)
- Feel the stretch in the front of your chest and middle spine
- Breathe calmly
- Hold for more than 30 seconds



Pec stretches on roller

Stretching the pecs is valuable in reducing the thoracic kyphotic (rounded) curve. At 90 degrees.



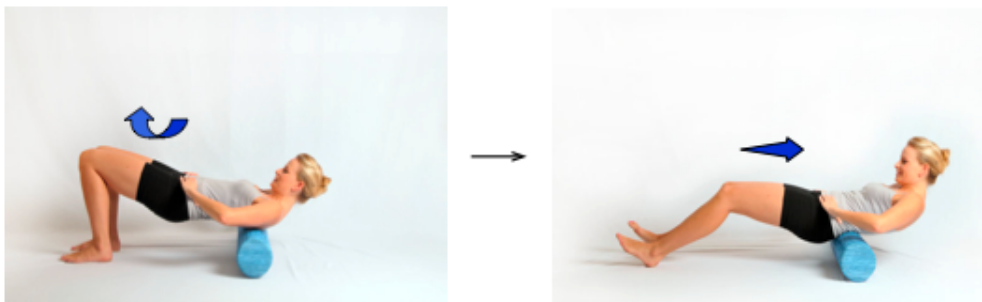
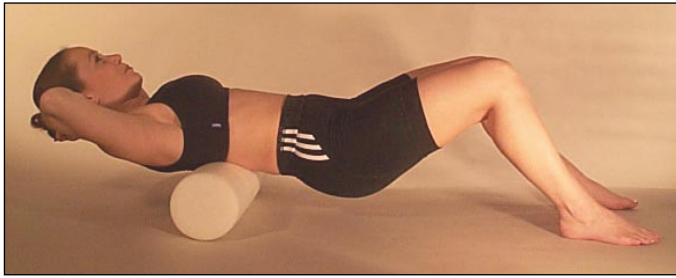
At 135 degrees.

Exercise 2

- Position the roller on the ground, going from shoulder to shoulder
- Lie with your mid back on the roller, your bottom on the ground, knees bent and feet on the ground
- Place your hands behind your head, with chin tucked in, keeping your bottom on the ground.
- Bend backwards over the roller and feel the stretch in your mid spine
- Hold for more than 30 seconds.
- Relax your rib cage down to the ground.

Exercise 3

- Lift your bottom into the air
- Push through your feet
- The roller will move up and down your middle spine like a “rolling pin”
- 2 set of 10 reps



Exercise 4



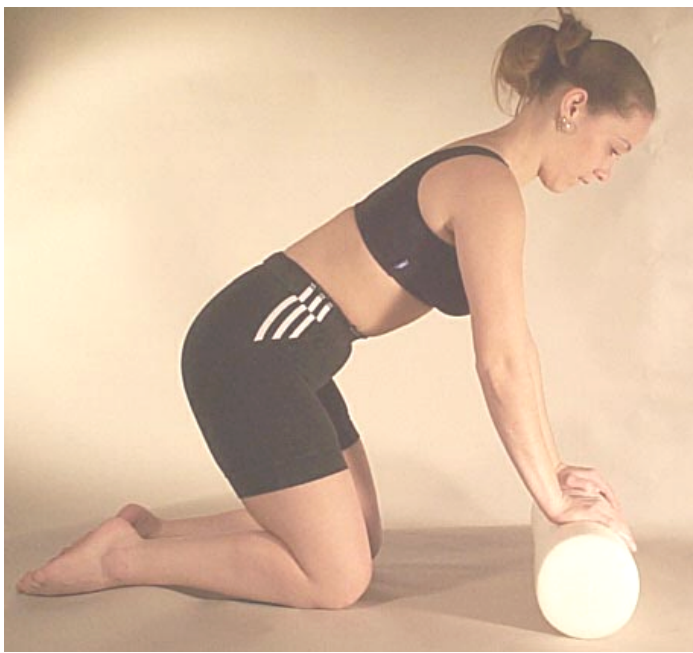
Lie on your back with the roller under your spine at the level where you feel stiffness. Activate your deep spinal stabilisers by sucking in your tummy button. Keep your feet and knees apart. Put your hands behind your head and keep your chin tucked in. It may help to put a tennis ball between your chin and chest so that your chin does not poke forward. Tighten your buttock muscles and lift your hips off the floor.



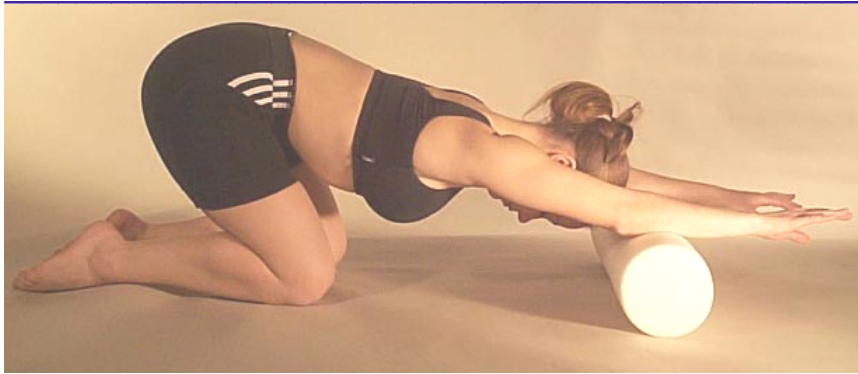
Hollow and arch your back at the level of the roller. Feel that the movement is localised to your breastbone and not your neck. You will feel the vertebra at this level loosening. Keep the rest of your spine parallel to the floor. Breathe normally and slowly do this movement in a rocking motion.

Do 10 rocking movements at least twice a day. If you have a sedentary job and poor posture do the exercise more often during the day.

Exercise 5



Kneel on the floor with your feet and knees apart. Put your hands on the roller. Activate the deep spinal stabilisers by sucking in your tummy button. Keep your chin tucked in so that your head is in alignment with the rest of your spine.



Push the roller away with your arms and sit back on your heels so that your chest lowers towards the floor. Keep your back flat and shoulder blades tucked down. You should feel a stretch in the upper spine between the shoulder blades



Hold this stretch position for 30 seconds and repeat 2 or 3 times a day.