

## Foam Rolling Techniques for Upper Body

A foam roller is a tool used for releasing restricted soft tissue. Place the roller over the muscle or muscle group you are trying to target. Roll over the area at a rate of about 1 inch per second. You will notice areas of increased sensitivity, or “hot spots.” The roller should be held on those spots for 30-60 seconds. This may be uncomfortable but try to relax your muscles. If you cannot tolerate this, decrease the amount of body weight you are applying to the roller. Avoid rolling on any bony areas or directly on a specific joint.

### Thoracic Spine



Position your mid to upper back on the foam roller. Place your hands behind your head to support your neck. Lift your hips off the ground and use your feet to move your back up and down on the foam roller. Target the area between your bottom rib and your shoulder blades.

### Thoracic Spine Mobilization



Place the foam roller at your lower ribs. Keep your ribs down and extend backwards to look at the ceiling. Try to coordinate your breathing with the motion: exhale when you extend backwards and inhale on the way back up. Do not allow your rib cage to flare towards the ceiling. Inch the roller up a few inches along your spine towards your head and repeat. Continue exercise until you reach your shoulder blades then work your way back down.

### Latissimus/Posterior Rotator Cuff



Lie on your side with a foam roller positioned in your armpit and the arm you are rolling overhead towards your ear. Roll between upper arm and mid torso.

### Pectorais Muscles



Lie on your stomach with the roller positioned at a 45° angle under your chest and arm extended. Target the area just inside and downwards from your shoulder/collar bone. You can also roll further down towards the side of your arm pit to reach the pectorais minor muscle.

