

# Foam Roll Sequence

## Upper Body



- 1) Balance on the foam roller: Spend 2 minutes lying on your back with the roller along your spine. Let the front of your body release towards the floor. Breathe, relax into the stretch to open your chest.
- 2) Iron out the back: Roller along the spine, head supported. Knees bent. Gently roll side to side on the roller for 2-3 minutes, you can cross your arms across chest to focus pressure on deeper muscles.
- 3) Arms overhead: Slowly move both arms overhead, elbows should be straight, palms facing towards legs. Repeat 10 times each arm.
- 4) Alternate arms overhead: Slowly alternate reaching arms overhead. Keep your low back flat on the foam roller. Repeat 10 times.
- 5) Angel in the snow: Place your arms palm up on the floor next to the roller. Gently slide them along floor no higher than shoulder height. Keep movement short of pain or discomfort. Repeat 10 times.
- 6) Butterfly: Place your hands behind your head. Slowly move your elbows together and back. Repeat 10 times.

\*Note- when getting off of the foam roller, slide off onto the floor & sit up to the side. Do not sit straight up. If any exercise causes increased pain, stop & consult your physician.