

Foam Roller Upper Back Release



- Place foam roller on your mid-back with your hands behind your head for neck support, keeping your knees bent with your feet close to the buttocks.
- Gently roll up and down the thoracic spine and mid-back muscles. Avoid pulling and/or dropping your neck toward floor.
- Roll 1 to 2 minutes, over your mid-back muscles, focusing on the areas where you find pain and restrictions.
- For trigger points, stay on the spots, applying consistent pressure over them for about 90 seconds.