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FOAM ROLLER MOVES TO EASE SHOULDER & BACK PAIN

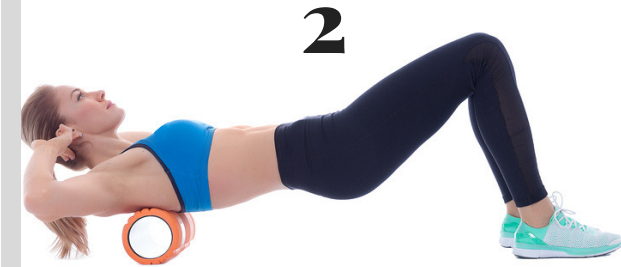
1

Rest foam roller under both glutes, bring right leg up and rest right ankle above your left knee. Roll onto the side of your right hip. Do 10-12 slow and steady passes. Repeat on the other side.



2

Rest shoulder blades on foam roller, holding your head with your hands, elbows wide to the side. Tuck your pelvis so the top of the pelvis and the bottom of the rib cage are heavy. Take a deep breath. As you exhale, keep your tuck and extend your ribs over the roller, moving only your upper back. Take 2 deep breaths. As you exhale, slowly side bend to the right, drawing your right elbow toward your right hip. Take 2 deep breaths. Repeat on the other side.



3

Start by lying on your side with the foam roller under the upper thigh. With the assistance of your legs and arms, roll the length of your IT band along the foam roller from the outside, upper portion of your thigh to just above your knee. Do 10-12 passes. Repeat on the other side.

