

# Foam Roller – Thoracic Spine



## Instructions

- When foam rolling the thoracic spine, avoid rolling into the lumbar spine (below your rib cage) as this will irritate the facet joints and lead to low back pain.
- Hands behind head and elbows together to shift scapula out of the way.
- Roll from the base of the neck to the bottom of the scapulae.
- For upper trap/levator tightness, start at the base of the neck. Rotate and shift slightly so that target muscle is hit. Roll through muscle.