

Erbst OrthoSport



FOAM ROLLER PECTORAL/THORACIC EXTENSION STRETCH

Lay on foam roller with entire trunk supported. Bend knees so that feet are flat on floor. Perform a posterior pelvic tilt so that you remove the natural curve of the low back. Now perform slight chin tuck to bring neck toward foam roller. The idea is to get as much of your spine to touch the foam roller while not creating any pain. **DO NOT OVERSTRETCH.** While maintaining correct spinal position, slowly raise arms to the side until you feel a stretch in your chest muscles.

Hold this position for _____ seconds/minutes.

Advanced movement: Perform “snow angel” maneuver with arms while attempting to keep backs of hands on floor while not allowing low back to arch/ lose contact with foam roller. Do not stretch into pain. Repeat this movement _____ times in a row.

Perform this exercise _____ times each DAY/ WEEK.

OPTP.COM- 6”x 36” FOAM ROLLER

Erbst OrthoSport Physical Therapy
(919) 612-1673