

Notes :

## 1 Foam roll thoracic spine

Freq: 1x/day Duration: ~1 min

Lie over a foam roller positioned at shoulder blade level.



Cross your arms over your chest and roll your body on the foam roller from the middle of your back to the base of your neck.

Do not go too fast when you execute the movement. You can focus on tender spots.

Breathe normally.



## 2 Thoracic rotation

Reps: 5-6 each direction Freq: 1x/day Hold: 10 sec Other: take deep breaths



Lie on your side with the hips and knees bent in front of you.

Both hands are placed together in front of your chest.



Keep the bottom arm on the floor, roll back and have the top arm reach back toward the floor, opening up the chest. Make sure you keep your arm in line with the collar bone to preserve the shoulder's integrity. Think about bringing your shoulder blade down to the floor.

Maintain the position and return slowly to the starting position.



### 3 Knee to chest

Reps: 6 Freq: 1-2x/day Hold: 10 second hold

Lie on your back with your knees bent and feet flat on the floor.

Bring one knee to your chest, helping yourself with the hands under your thigh.

Return to the starting position and repeat with the same leg.



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### 4 Double knee to chest

Reps: 6 Freq: 1-2x/day Hold: 10 sec hold

Lie on your back. Pull both knees to your chest with your hands behind the thighs until a comfortable stretch is felt in the lower back. Hold the position.



## 5 Stretching glutes



Reps: 4 Freq: 1-2x/day Hold: 20 sec

Lie on your back with your knees bent, place one foot (affected side) over the opposite knee.

Grab behind the leg that is on the ground with your hands and pull it toward you until you feel a gentle stretch.

Maintain the position and relax.

Push on your knee to increase the stretch.

As an alternative, lie in front of a wall and use the wall to push your foot if you have trouble reaching the back of your leg.