

## Foam Roller – Anterior Chest

### Figure 1

Lie vertically on the foam roller with your knees bent (buttocks and head should be on the roller)

When you initially lie on the foam roll you should feel minimal to no pull or stretch in the neck, chest or arms. If you do feel more try the following: rolled pillowcase under neck or blanket under arms as picture shows.

Start by softening. Imagine the tops of your feet and thighs sinking toward the floor, your abdomen sinking toward your spine, your chest sinking toward your shoulder blades, and your chin sinking toward the base of your skull.

Continue to soften for 3-5 minutes before progressing.



### Figure 2 – ADVANCED – Only advance if you feel minimal to no stretch.



For additional stretch, slowly move your arms out at the sides (try palms up, palms down, or thumb up) until you reach the first restriction (you will notice a change in sensation – pull, pressure, etc). Connect your breath into the restriction. When it releases, the sensation lessens, then slowly move your arms until you find the next restriction. Do one arm at a time or both arms together.

Hold for a minimum of 90-120 seconds and follow the releases.