

Thoracic Spine Release & Extension with Therapy Balls or Foam Roller

Here you will see the exercise completed with therapy balls. Many times foam rollers and therapy balls are interchangeable.

Therapy balls are a great tool used to release muscle tightness, correct muscle imbalances and improve posture. Release muscles, don't spend much time on joints or bony areas.

Part 1

I prefer using the 2 therapy balls in the tote. Place the balls on either side of your spine, just below bra line. Support your neck, lift your butt and wiggle your way up the spine. When you find a tender spot roll back and forth for 5-10 seconds. Move up and down your spine 2-3 times.

Part 2

Much like picture 1 in that you start just below bra line with the balls in tote on either side of your spine. Support your neck but keep your butt on the ground and extend over the balls. Relax your head on the floor. Hold for a couple of seconds, then tuck your chin, curl back up and move up an inch to another spot up your spine.

Consistency is key, you will have better results by using the therapy ball a bit 1-2 times a day than you will with using it lots once a week.

If being on the ground is too painful, only complete part 1 against the wall. *See picture below. Your goal is to get to the ground.



Part 1

Part 2

*If too tender on the ground move up to the wall