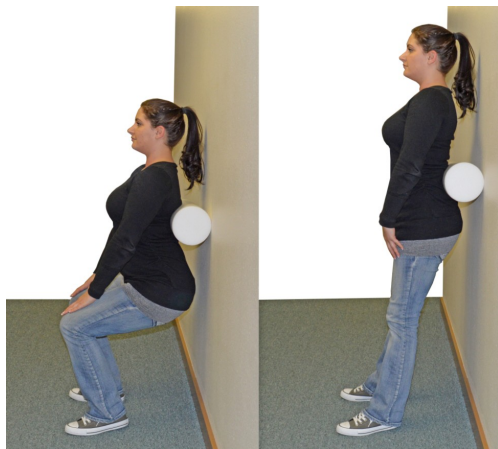


Thoracic Roll Stretching Exercise

Getting Started:

1. Lie supine (on your back) on the floor or flat surface with knees bent and feet flat on the floor. Place Thoracic Roll under the back of your neck.
2. Push up with your feet, extending your legs and rolling your back over the foam. (2A) Continue this motion until you feel the muscles soften throughout your thoracic spine.
3. Add lateral flexion and/or rotation of the upper body while rolling the spine over the foam to further stretch the muscles (3A).
4. *If lying on the foam feels too intense, see modification below. This method allows you to adjust the amount of pressure applied to your tolerance level.*



Modification:

1. Stand against a wall with Thoracic Roll behind your mid back.
2. Bend your knees to roll the foam up your back.

