

## Exercise Prescription: Thoracic Spine Extension

### Purpose of Exercise:

This is a foam rolling technique to help improve extension through the mid/upper back. This is also an effective drill for improving neck and shoulder mobility.

### Starting Position:

Start by lying on the roller situated around the lower ribs. Reach your legs out in front of you. Lift your hips up off the ground and allow for your back to rest on the roller as tolerated. Start with your arms down by your sides.

### Exercise Description:

Using your legs, roll your back upwards on the back while simultaneously reaching your arms overhead aiming to reach the ground behind you. Roll up as high as the top most point of the upper back. Repeat 5-10 times.

### Pictures:

