

Exercise Prescription: Floor Angels

Purpose of Exercise:

This is a self-stretch and mobility exercise for the shoulder girdle and mid-back.

Starting Position:

Lying on your back on a foam roller or ½ roller oriented vertically as shown (1). You should be contacting the roll in 3 points: your tailbone, your mid-back, and the back of your head. Take care not to poke your chin out (maintain a chin tuck during this exercise).

Exercise Description:

From the starting position, slide your arms up as far as you can (2) without letting your shoulders shrug up towards your ears. Then, bring your elbows down until they are tucked in at your side (3). Repeat this movement 8-12 times.

Make sure to maintain normal breathing and take care not to arch the low back during this exercise

Pictures:



1



2



3