

Exercise Prescription: Prone T-Spine Extension

Purpose of Exercise:

This is a self-stretch and mobility exercise for the shoulder girdle and T-Spine.

Self-Check

Shoulder Mobility

Starting Position:

On your knees, hinging forward at the hips with a foam roller in front of you. Place your forearms on the roller as shown.

Exercise Description:

From the starting position, push your arms forward, letting the roller roll towards your body. You should feel a stretch in your upper back and through your lats. Take a breath out on the way down and breathe in while coming back up. Repeat 8-12 times.

Take care not to let your low back hyperextend during this movement.

Pictures:

