

Exercise Prescription: T-Spine Extension Supine

Purpose of Exercise:

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

Self-Check

Shoulder Mobility

Starting Position:

Lying on your back with knees flexed to 90 degrees and feet on the ground. Place a foam roller under your back at the level of the bottom of your rib cage. Your arms may be wrapped around your chest or up with your hands behind your head.

Exercise Description:

Starting with the foam roller at the bottom of your rib cage, extend your shoulders and head toward the ground as far as you can go. Take 2 deep, full breaths, and return to the starting position.

Now, move the foam roller up about 2 inches and repeat the previous sequence. Do this until you reach the top of your shoulder blades.

Do not strain your neck during this exercise, maintain a tucked chin.

Pictures:

