



A Daily Routine with the Foam Roller

Six exercises done for 6 reps each to benefit the rhomboids and shoulder carriage. These help to combat rounded upper back syndrome. This is such a great little routine, and takes just a minute or so!

Lay down on your front on the mat. Use something like a towel, pillow, whatever you have to put under your forehead so that your nose can point straight down to the mat. You will be starting with your arms out to the side in a "T" position, and then moving the position of your arms for each set of six. If you have trouble visualizing this, please ask and I will show you!

Pointers: Keep the back of the neck long and the nose straight down to the mat. Keep the low back 'long' by pressing the pubic bone down towards the mat.

For each arm position, squeeze the shoulderblades together, lifting the arms off the floor a couple of inches-not too far! Imagine your shoulderblades moving towards each other with the action of the rhomboids. Do 6 repetitions in each position.

- #1 Arms in T position, palms down**
- #2 Arms in T position, thumbs up toward the ceiling**
- #3 Arms in low V position, palms down**
- #4 Arms in high V position, palms down**
- #5 Arms in high V position, thumbs up**
- #6 Arms in "goalpost" position, thumbs up. Lift the whole forearm off the mat with the contraction.**