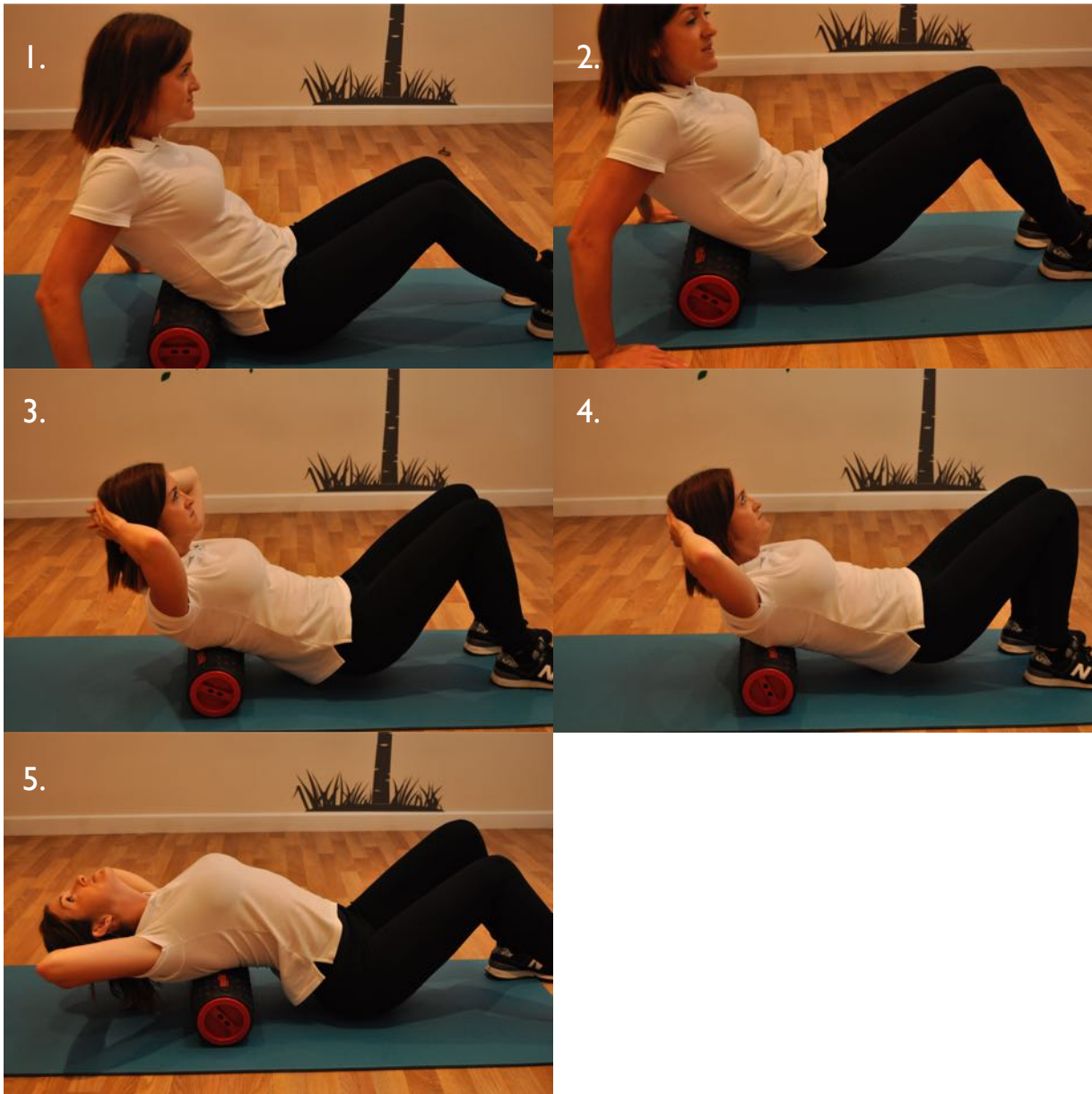


# Mid back - mobilisation exercises - sheet 3



## Exercise 1 - Foam rolling 1

1. Starting on the floor with the roller position as in picture No.1, gently move the roller into position by lifting your bottom and sliding forwards (picture No.2) until you are lying on the roller as in picture No.3.  
2. Slowly rock back and forth travelling from the lower mid back toward the upper mid back, making sure you work the tender areas.

### (optional)

3. Once the mid-back feels a little looser, you can then arch over the roller (as in picture No.3), by placing your bottom on the floor and leaning backwards. This will help to open up the chest and extend the mid back. Once finished return the position in picture 4, before getting off the roller.

**N.B. Make sure you protect your neck by placing your arms behind your head.**