

Mid back - mobilisation exercises - sheet 4



Exercise 1 - Foam rolling 2

1. Starting on the floor with the roller position as in picture No.1, this is a simple exercise where you lie on your foam roller. This is another great exercise for opening the chest and mobilising the mid-back. This exercise should only be done for a maximum of 30 secs at a time before resting.

N.B. - Make sure you protect your neck by placing your hands behind your head and supporting its weight with your arms.