

How to Thoracic Roll

The thoracic roll provides mobilization to the thoracic vertebra, while strengthening the neck and low back posture muscles when the **10, 5, 5, 5, 10** method is performed.

Start by sitting on the ground with the thoracic roll behind your lower back. Lean back and cross your arms across your chest to maintain balance.

10: Roll from your shoulder blades down to your lower back and up again, 10 times.

5: Pause with thoracic roll at top of the shoulders. Begin lateral bending (windshield wiper motion) until you've completed 5 bends.

5: Place the thoracic roll at the bottom of the scapula (shoulder blade). Perform the same lateral bending until you've completed 5 bends.

5: Place the thoracic roll at the bottom of the rib cage (a few inches above the belly button) Perform the same lateral bending until you've completed 5 bends.

10: Repeat the first 10 rolls from your shoulder blades to your lower back.

* If thoracic rolling causes any discomfort, only roll up to the point of comfortable discomfort. Work your way up to the complete 10 rolls and 5-5-5.