

13.1 – THORACIC EXTENSION ON ROLLER



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve extension in the thoracic spine.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Position yourself on the floor with the knees flexed to 90 degrees and your body perpendicular to the roller behind you. ▪ Lie back so that the roller crosses your upper back, just below the shoulder blades. ▪ Clasp your hands gently behind your head, pull your elbows together, and tuck your chin.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ From the starting position, extend your upper back, hinging over the foam roller. ▪ Keep the stomach tight throughout, and make sure to extend at the upper back versus your lower back.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Keep the butt on the ground throughout. ▪ Extend at the upper versus the lower back. ▪ Keep the chin tucked throughout.