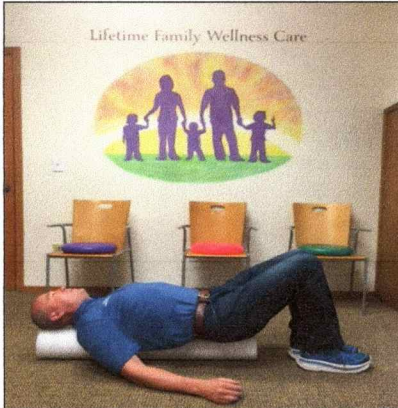


Foam Roller Exercises

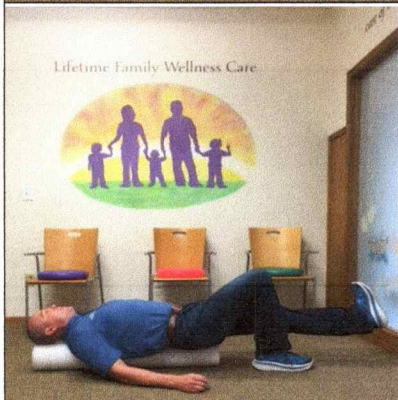
- Purpose of Exercise is to strengthen muscles that stabilize the spine so you can hold your alignment longer over time



Knees and feet together, close to roller, hands on floor



Reset and repeat with other leg and opposite arm



Leg straight out, do not move other foot or leg



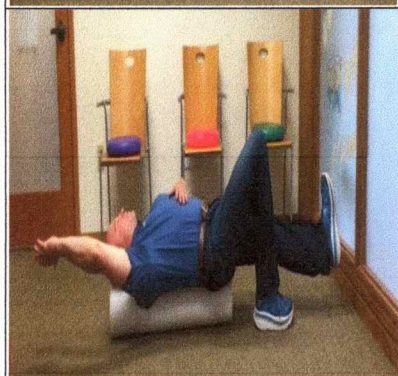
Perform exercise on each side twice for 30 seconds each



Opposite arm out, eyes open, hand or elbow near floor to catch



Roller exercise best done 2 minutes at a time, 2-3 times per day



Close eyes
Note: closing eyes and holding takes 4-6 weeks



Stay straight, Don't cheat! Takes time, have fun!