

SHOULDER & NECK FOAM ROLLER TECHNIQUES



&

Foam Rolling



Shoulder & Neck Foam Roller Techniques & Foam Rolling

Today we are going to use the foam roller. If rolling is giving you relief, you can make this a part of your healthcare routine.

If you are having to roll constantly to relieve pain. I would suggest going to see a specialist so you can find out the root cause of your issue because you shouldn't have to always roll constantly for relief.

If you find that you can't lift your shoulder above your head, you may find the core issue is not coming from your shoulder but instead from your ribs and spine.



Rolling this area may help to bring you more mobility.

Rolling The Spine

Get your foam roller and place it horizontally on the floor.



Lay down on your back with the foam roller across your back (in the solar plexus region).

Take a deep breath in AND EXHALE.

Keep your buttocks on the floor.

Touch the back of your head to the floor.

Open up through your chest and breathe deeply.

This is the first area that we roll.





The second area to roll is nipple height.

This is an important area to roll as it helps to open up the scapula (shoulder blades). It helps it to open and close, so you don't have your shoulders 'catching'.

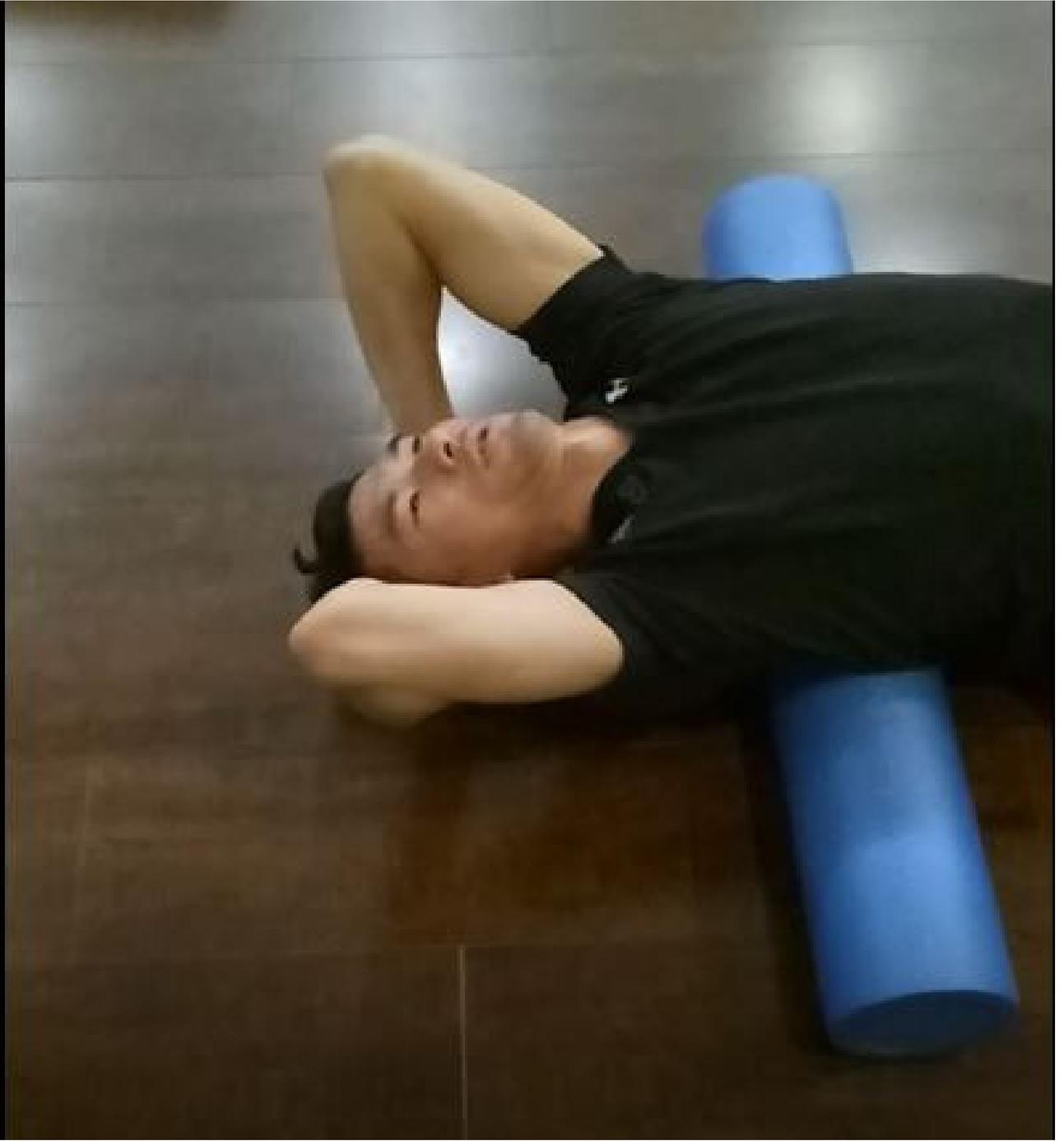
From there inhale and exhale.

Stretching the intercostal muscles. (The muscles in between your ribcage).

Make sure you always support your head instead of hyperextending your neck.

Place the back of your head on the floor.





The third position is slightly above the nipples.

In this position, you can allow your neck to relax and hyperextend a little, but not all the way to the floor.

Touch your chin to your chest and touch the back of your head to the floor.

Keep your back straight. You do not want to hyperextend your back as it causes lordosis. (Lordosis refers to the normal inward lordotic curvature of the lumbar and cervical regions of the human spine).

When you have this it puts your back into a different position.



Once you have done this rolling sequence, you should have less leg, shoulder and back pain as the spine is more mobile.

Once we have rolled the spine, we need to now roll the shoulders.

Rolling The Shoulders

The 2nd part of the sequence means turning the roller around so you are laying on it vertically.

Your buttocks laying one end and your head the other end.



Your neck is always supported by the roller.
Do not hyperextend your neck.

Many of us are overextended with our posture daily through our jobs, so we really need to be aware of keeping our spine straight and our chin tucked under. It is very important.



Laying on the roller, face up, your buttocks laying on one end and your head the other end.

Keep your chin tucked under and keeping your back flat.

Put your arms out sideways on the floor.

If your shoulders are relaxed they will be able to touch the floor.

If they are tight, they may not reach the floor.





In this position, inhale, exhale and relax,
keeping your chest open.

Then move your arms upwards, so they are
now at a right angle.

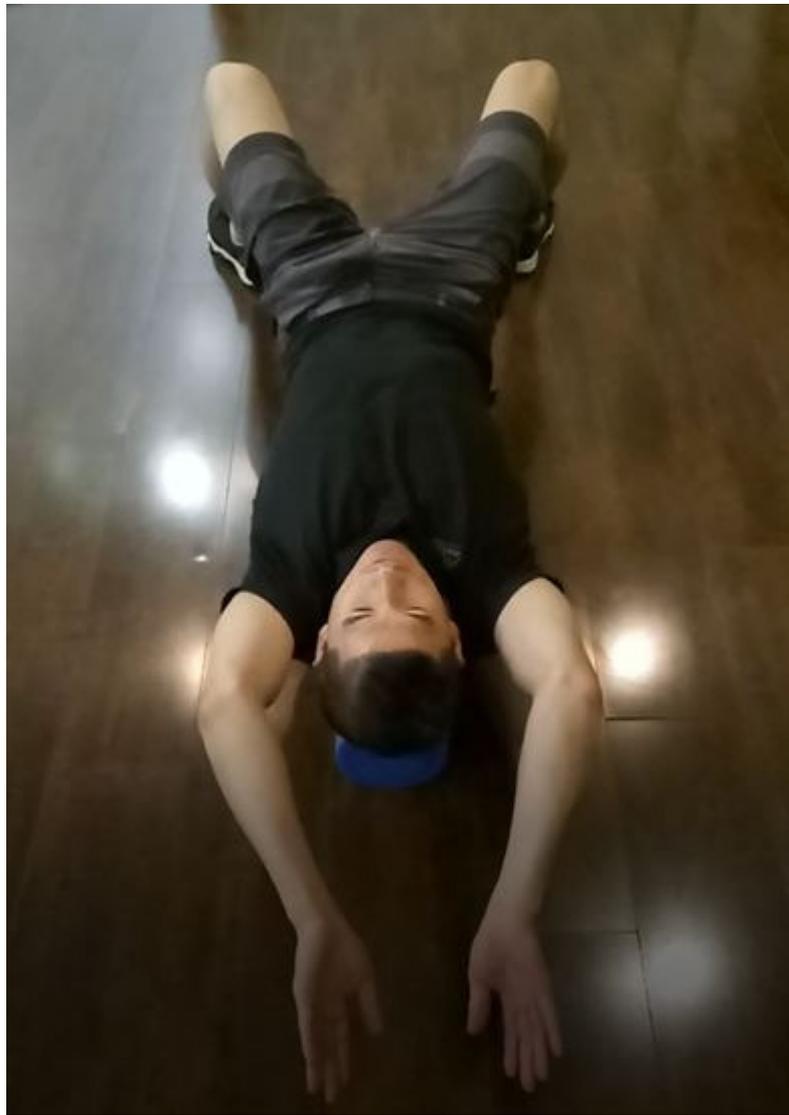




In this position, inhale, exhale and relax,
keeping your chest open.

Then move your hands together above your
head.





In this position, inhale, exhale and relax, keeping your chest open.

Remember to keep your back flat. Do not arch your back.



These are two great rolling techniques for shoulder, neck and spine.

If you are training 5 - 6 days a week, this is good to add to your daily practise.

**This Ebook is a collaboration between Ben Doung
from Active Performance Clinic
& Global Healing Exchange**

