



Roller Exercises: Remember to only go through your available pain-free motion.

Stop if anything hurts.

Lying on your back on a foam roller from butt to head; knees bent, feet on floor:

TEST for changes by starting lying on the ground with your arms and legs out long. Hands by your hips, palms up. Get a sense of which parts of your body touch and how much you “sink” into the ground. Take a mental “picture.”

- 1) Side to side. roll out on roller, trying to stay parallel to the ground and not dip from side to side. Roll for 3 minutes. Recheck for changes by lying on the ground to test.

Roll another 2 minutes. Test again. Roll again for 2 minutes. recheck. etc. Once there are no longer changes occurring, use the previous time as your exercise.

- 2) Rug angels--Lying on your back on a foam roller from butt to head. arms out to side with palms up. Slide hands/arms out to the side maintaining contact with the ground. Go as high as it feels comfortable or stretching but no pain in arms or shoulders. 10x

- 3) Windmills--starting with one hand as high as it is comfortable and the other down by your side. Gently slide the low hand up while the upper hand sides down. repeat 10x

Add in looking with your head and neck. Follow the hand sliding from low to high for 10x, then switch to follow the hand sliding from high to low for another 10 repetitions. Stop if any dizziness or lightheadedness occurs.

- 4) Side to side with neck rotation. Moving side to side again on the roller, look and rotate your head first to the side you are rolling toward. repeat 10x. Then, look and rotate to the side you are rolling away from. Also repeat 10x.

Stop if any dizziness or lightheadedness occurs.

- 5) Climb the rope--Lying on your back with the roller butt to head. Reach with arms at 90 degrees shoulder elevation. Now, reach with first one arm and then the other towards the ceiling like you are climbing a rope. repeat 10-20x.

- 6) Touchdowns--Lying on your back with the roller butt to head. Position arms at 90° like you are signaling a touchdown or “hands up”. Hands and elbows touching the ground. Bring your elbows down to your side and then raise them up again maintaining contact with the floor. Also called bent elbow angels. 10x

- 7) Perpendicular--position yourself on the roller with you neck at/over the roll. Gently roll down as far as feels comfortable and back up; Usually mid to low thoracic, lowest. Do not go down to low back. 3-5 min or 10-20 repetitions.

This handout is not intended for use by anyone other than a client at Body Dynamic under direct supervision of their physical therapist. Please Consult with your physical therapist for proper use of this handout. For more information, please contact Body Dynamic Physical Therapy + Pilates + Wellness, Inc.