

MARIN PHYSICAL THERAPY

Foam Roll Postural Exercise

Hold _____ Seconds, Repeat _____ times



4. Alternate arms.



5. Neck retraction. Elongate neck and Move head straight back. Don't extend neck.



6 a. "Snow Angels" or "Retractable Wings"



6 b.

(Note: Maintain flat low back, elongate neck, tuck chin with all exercises)