

# MARIN PHYSICAL THERAPY

## Foam Roll Postural Exercise

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times



1. Maintain flat low back. Head and neck in neutral. Tuck chin.



2. Maintain flat low back. Head and neck in neutral. Tuck chin.



3. Begin in “prayer” position. Push arms back toward floor. Keep forearms parallel to floor. Hands back.