



Artistic ADVANTAGE

PERSONALIZED HAND THERAPY | PERFORMING ARTS MEDICINE

Foam Roller

Start by lying on the foam roller with your spine vertical to roller. Arms should be relaxed and by the side of your hips. The knees are bent and feet are flat on the floor for stabilization. This is the starting position.

- 1) Take a few deep breaths and relax. Be aware of where the tension resides in your body.
- 2) **Punch the Ceiling:** Double check you are positioned with your spine vertical to roller. One arm is resting, while the other is up toward the ceiling perpendicular to the floor. Keep the elbow straight and lightly make a fist. Focus on the shoulder to move it straight up and down. Pretend you are reaching for the ceiling tile and popping it out of its place. Keep a slight bend in the elbow if you need help not to overextend the elbow. Imagine your arm is moving through two panes of glass. 10x's for each arm.
- 3) **Backstroke:** Raise one arm above your head. Then bring it back in towards the body. Keep your arms vertical. Now raise the other arm above your head and then bring it back. Keep switching arms. 10x each arm.
- 4) Bring arms back into the starting position with a few deep breaths and see if the tension has shifted. Now you are ready for the next sequence: Y U T's.

If during these exercises you feel tingling, raise the arms off the floor/higher towards the ceiling, and support the back of your upper arms with pillows or rolled towels.

- 5) **Ys:** Have your arms form the shape of a Y. Arms start off the floor and depending on comfort lower them. You will feel stretching. Keep this position for ____ seconds.
Us: Have your arms form the shape of a U. Arms start off the floor, and depending on comfort, lower them. You will feel stretching. Keep this position for ____ seconds.
Ts: Have your arms form the shape of a T. Arms start off the floor and depending on comfort lower them. You will feel stretching. Keep this position for ____ seconds.

High-Density Round Foam Roller **6" x 36"**
Images of exercises on reverse side



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