

# Foam Roll Resources

## Thoracic Curve Right (looking from behind)



>> lie on your right side over the foam roller



Stretches the concavity of your scoliosis (review Section 2 of the course) with neck supported.



Position 2 – with outstretched lower arm helps to untwist your spine (this may be too advanced for some students, as there is no neck support in this position).

## Thoracic Curve Left (looking from behind)



>> lie on your left side over the foam roller



Stretches the concavity of your scoliosis (review Section 2 of the course) with neck supported.



Position 2 – with outstretched arm helps to untwist your spine (this may be too advanced for some students, as there is no neck support in this position).