Foam Roll Resources

Thoracic Curve Right (looking from behind)

>> lie on your right side over the foam roller

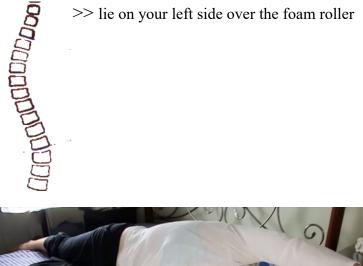


Stretches the concavity of your scoliosis (review Section 2 of the course) with neck supported.



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).

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