

Foam Roller Scapular, Rib Cage, Lumbar Spine Hip, and IT Band Mobilization

Starting Position

Place the foam roller high under your armpit, right at the base of your shoulder.

Movement Sequence

Upper Back & Rotator Cuff: Starting near the armpit, roll gently back and forth to target the full rotator cuff and shoulder attachment area.



Mid-Back & Rib Cage: Shift down along the side of your rib cage (latissimus dorsi and intercostals). Rotate your body slightly forward and backward to hunt for tight spots.



Lower Back & Flank: Continue moving down toward your lower back and side trunk, exploring different angles to locate areas of tension.



Hip & Upper Leg: Move all the way down to your outer hip and the upper portion of your side leg (IT band/glute medius), rolling back and forth over any tender spots..