

Lacrosse Ball Rolling - Upper Body

Roll on the ball in the positions outlined below.

Lean into the extra tender spots and try to hold each pose for at least a minute.

Shoulders:



Pectorals



Rhomboid

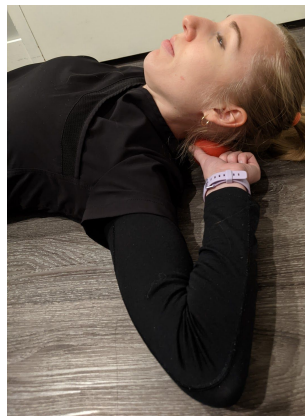


Infraspinatus/Teres/Posterior Deltoid

Neck:



Trapezius/Levator Scapulae



Occipitals

Upper Back:



Erector Spinae/Latissimus Dorsi

Forearms:



Brachioradialis/Extensors/Flexors



Quarry Park Chiropractic
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