

Serratus Anterior on Foam Roller

1a. Lie on the foam roller with both your head and sacrum on the foam roller. Feet are flat on the floor. Maintain neutral spine with navel to spine and ribs in throughout the exercise. Elbows are straight and hands are extended in front of you.

1b. Pull shoulders down the spine (shoulders away from ears) then push hands forward separating shoulder blades ("J" curve). Hold \_\_\_\_ seconds.

1c. Retract shoulder blades wrapping them around the foam roller. Keep shoulders down the spine.

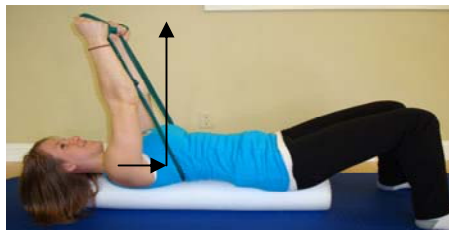
Repeat \_\_\_\_ times      Hold \_\_\_\_ lb weights in hands.

Place \_\_\_\_ colored theraband under ribs close to armpits and hold the ends in either hand while doing the exercise.

1a.



1b.



Glass Twist

1c.



1a. Start with arm by your side, rotated inward with wrist bent as if you are holding a glass. Only wind up arm to the first point of pulling. You may feel the pulling the shoulder, arm, or hand.

1b. In one smooth and continuous motion, unwind arm bringing the fingers towards you and bending the elbow. Gradually raise hand and rotate the arm so that the fingers point forward, to the outside, and finally start to come back around and point towards your jaw. The palm should be facing upwards throughout the motion as if to not allow any fluid to spill from the "glass".

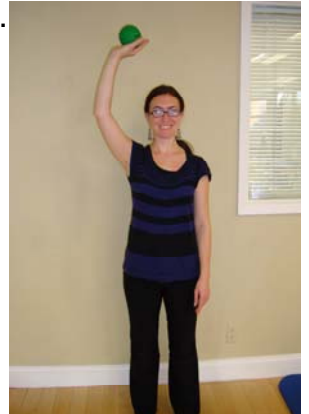
1c. End position: only go to the first point of pulling as in the starting position. The goal is to end up with the elbow out to the side, the fingers at the jaw, and the elbow bent. Go back and forth between the two positions, never forcing it past the first point of pull or stretch.

1b.

1a.



1c.



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