Title: Foam Roller Upper Back Stretch

Primary Muscle Groups: Upper Back &amp; Lower Traps

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Sit on the ground and place a foam roller directly behind your lower back. Bend your knees and place your arms across your chest. Bring your feet to hip-width and allow them to support you as you carefully lean back and on to the foam roller.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Move your body down on the foam roller until it reaches your upper back. Brace your core and begin by slowly rolling your body up 2 to 3 inches.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause and slowly roll the opposite way. Be sure to roll out at different levels on your upper back.</span></li>

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