

TAIRA CHIROPRACTIC

Upper Body Foam Rolling



Posterior Shoulder & Triceps:

Standing with foam roller on posterior (back side) shoulder or triceps. Arm is fully extended. Use body weight to add pressure upon the back of shoulder or tricep.



Posterior Forearm:

Standing with foam roller on posterior (back side) forearm. Opposite hand places pressure upon wrist to add pressure upon the back of forearm.



Biceps & Pectoral (Chest):

Standing with foam roller on bicep or chest. Arm is fully extended with thumb facing wall. Use body weight to add pressure upon the bicep or chest.