

Upper Quarter: T-4 MOBILIZATION w Ball or Foam Roll

Objective: spine mobility and stability



T-4 Mobilization using a foam roll:

Ready Position: on hands and knees, hands on foam roll

Procedure: Slowly walk foam roll away and roll out, reaching away through your hands until you are supporting yourself on your forearms. Sink *gently* through upper back while lengthening through the crown, tail up and hips above knees or back further toward heels.

Then reverse action by walking the foam roll back to you. Tuck your chin and arch up gently into the upper back for a thoracic stretch. Breathe deeply and full round and maintain brace throughout.

Complete 5 slow “T-4 Mobilization” cycles while bracing and breathing

T-4 Mobilization using a ball:

Ready Position: on hands and knees, hands on ball.

Procedure: Slowly walk ball away and roll out until hands and forearms rest on the ball. Sink *gently* through upper back while lengthening through the crown, tail up and hips above knees or back further toward heels.

Then reverse action by walking the foam ball back to you. Tuck your chin and arch up gently into the upper back for a thoracic stretch. Breathe deeply and full round and maintain brace throughout.

Alternatives to foam roll:

on the floor - use a chair or ball, or
standing - against a wall or
hands on a table