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Foam noodle roll - back

I use a pool noodle for this.

Lay on the floor. Just notice how your back feels. Roll up with your neck and shoulders, and place the noodle under your shoulders. Lay back and rest. Take 4-5 good big breaths. Lift hip and push toward your head to get the noodle to roll down your spine about a half a turn. Lower hips, rest and 4-5 big deep breaths. Repeat down the spine. If you get to a place that is very tender/sore move to a spot that is less tender and rest for the breaths. Always start under shoulder at your scapula/wings, roll and rest down the spine to top of hips. Don't go onto hips. Lift hips to remove the noodle. Once you remove the noodle, rest back down and feel how your back feels. This should not be painful. A little tender is OK, but it should feel like it's letting go. If the pain ramps up or stays the same, move to another spot.