

## FOAM ROLLER SERIES

### THORACIC SPINE

The upper back, or THORACIC SPINE, is probably the most commonly affected area of a Jockey's back. The combination of riding out, driving long distances and race riding all put a lot of pressure on this area and it can become very stiff.

The foam roller is a powerful tool in the stretching of this area, but please be careful as it can be painful!



In this image you can see the foam roller is being rolled up and down the middle of the back, and the thoracic spine is effectively extending out of its usual flexed position.

Arms are positioned in front of the chest but can be extended, as below.

With the pelvis raised off the floor, this becomes a core exercise as well as a stretch.



Look out for foam rollers and mats which are available on all racecourses.  
Please feel free to use them to stretch before and after you race.  
If you need guidance, ask the Physio!