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## Hyperextension Exercises *(flexes the spine backward)*

### ACTIVE BACK ROLL using the FOAM ROLLER

Use [a foam roll 4-6 inches](#) in diameter. Four inches is best for beginners. Six inches is best for those who are flexible.

1. While lying on the floor, place the roll at the base of the neck.
2. Place your hands behind your neck to hold up your head.
3. Creep upwards an inch and hold for 20 seconds.
4. Creep upwards another inch and hold for 20 seconds.
5. Continue to do this until you reach the lower back.
6. Once you get to the lower back you can remove your hands and allow the floor to hold up your head.
7. Once you reach the very lower back lay your neck flat against the floor and hold for 45 seconds.
8. Turn head 45 degrees to the left and hold for 45 seconds.
9. Turn head till neck is against floor again and hold for 45 seconds.
10. Turn head 45 degrees to the right and hold for 45 seconds.
11. Turn head till neck is against the floor again and hold for 45 seconds.
12. Then you are going to roll up and down the roll for 3 minutes.



### BENEFITS OF THE FOAM ROLLER

- Improves blood circulation throughout your skin, fascia, muscles, and even tendons and ligaments where you can access them with a foam roller.
- Through improved blood circulation, there is a more efficient exchange of nutrients and waste products at a cellular level, leading to better overall cellular function and inter-cellular communication.
- Lengthens short (tight) muscles, tendons, and ligaments.

- Promotes optimal spinal range of motion. You can accomplish this by slowly rolling your spine against a foam roller and pausing whenever you feel restrictions to allow your joints and surrounding tissues to stretch.
- Stimulates lymphatic drainage through the spinal column.
- Better messaging from the spine (nervous system) to the diaphragm and all of the digestive organs (improves communication to these areas).
- General stress and tension release- a few minutes can invigorate a tired mind/body feeling at the end of a workday.

## FASCIA BALLS

Put 2 [fascia balls](#) in a sock and tie the end of the sock.

You can use this on certain trigger points along the spine.

Lying down on the floor, position the 2 balls just below the back of the head so that your spine splits them (you do not want the pressure *on* the spine, rather on the connective tissue next to the spine).

You can also flip the sock over your shoulder and apply pressure by leaning against a wall. This can be done for 3-5 minutes.

The balls can also be used separately on any body part that has tension.

The floor produces more pressure from the weight of the body. Using them up against the wall is a good way to start.



## BLOCK THERAPY

Fascia is the connective tissue that hold every one of our cells together.

Due to surgery, injury and unconscious posture & breathing, restriction in our body form can adhere to anything in the way - including bone. These adhesions will pull the body out of alignment blocking cells from blood and oxygen flow.

Block Therapy focuses on releasing the fascia all the way to the bone - where issues are stored. We do not use force - we need to persuade the tissue to release. Forceful actions



can cause tearing of the tissue. This results in injury - and consequently can cause a buildup of scar tissue.

Using the Block Therapy System you can release fascial restriction throughout your entire body, increasing blood and oxygen flow to your cells. This in turn creates enhanced cellular functioning.

The Block Therapy system is the most effective self-care technique to soften and release tissue to promote blood and oxygen flow to cells.

### **PURCHASE YOUR PRODUCTS USING THE LINKS BELOW**



**[4-INCH FOAM  
ROLLER](#)**



**[6-INCH FOAM  
ROLLER](#)**



**[FASCIA BALLS](#)**



**[BLOCK THERAPY  
STARTER KIT](#)**

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