

Cervical Traction with Foam Roller

1. Begin on your back with your knees bent, feet flat on the floor. Place the foam roller under your head, so that it catches the Inion, or the small bump at the base of your skull. Bend your elbows and place your palms on the ends of the foam roller.
2. Gently roll the foam roller away from your body until you feel a stretch in the back of your neck. Hold for several seconds, then roll it back towards you to relax. Repeat several times, then try without hands. You should feel lengthening in the back of your neck and a slight chin tucking sensation.
- 3 & 4. Roll foam roller away once again, then turn your head to the right. Hold for several seconds. Roll your neck back to neutral and repeat rolling away, then turning your head to the left.

