O.L. / Latissimus

1. Lay on your side over the foam roller with it positioned obliquely in the lower back. This area can be extremely tender. So, you can use your planted foot to take pressure off the foam roller. Roll up and down. If you are suffering from low back pain presently, use extremely light pressure or skip this exercise.


Latissimus/ Post. Shld

2. Lie on your side with the foam roller just below the shoulder blade in an oblique fashion as pictured. Work your way up to the armpit region near the posterior portion of the shoulder (Shld). This area can be extremely tender to start. So, use your planted foot and hand to take pressure off the foam roller. Repeat Q.L/ Latissimus and Latissimus/ Posterior shoulder on the opposite side.
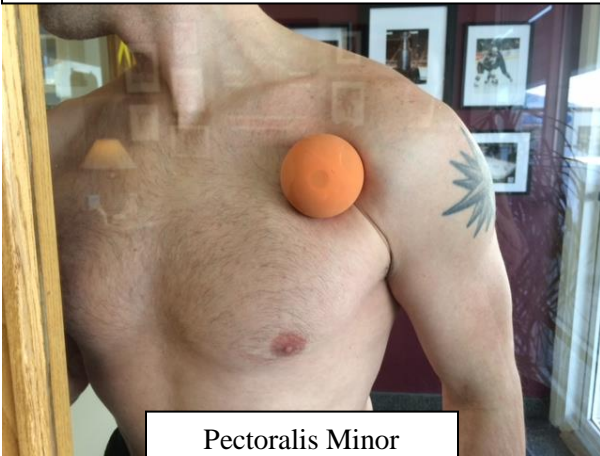

Pectoralis Minor

3. Pin the lacrosse ball between the wall and pectoralis minor muscle. This "hot spot" is located just under the distal clavicle (collar bone). Lean into the ball and roll by moving your body up and down or side to side. Do not place the ball on the anterior shoulder. Advance this exercise by changing your arm angle in a windmill fashion. Search the entire pectoralis minor and major.
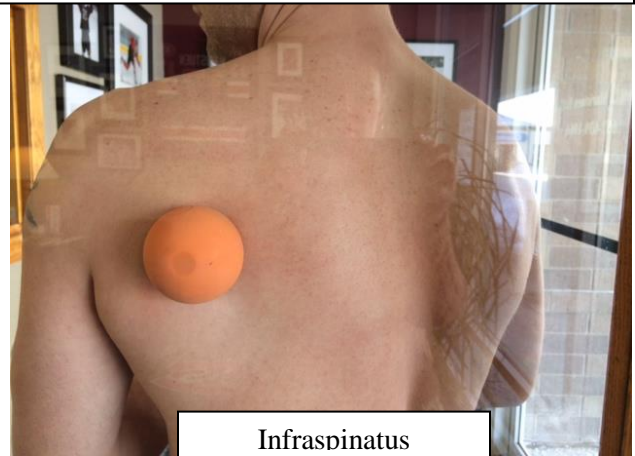
Infraspinatus

4. Pin the lacrosse ball between the wall and directly over the shoulder blade. Lean into the ball and roll by moving your body up and down or side to side. The infraspinatus is a rotator cuff muscle. You may get referred sensation to the shoulder or down the arm into the hand. The sensation will resolve once you stop. Search over the entire shoulder blade area as this muscle is typically tender.
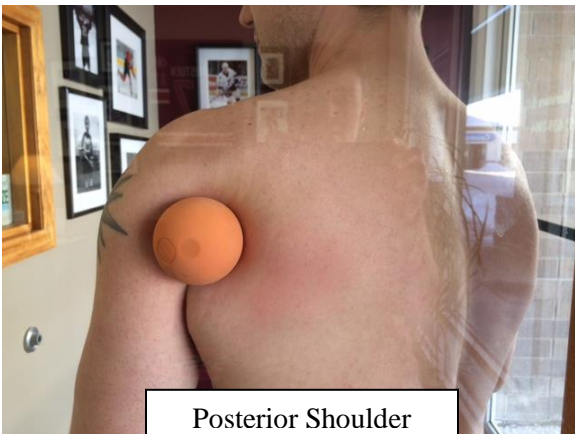
Posterior Shoulder

5. Pin the lacrosse ball between the wall and the posterior shoulder just above the armpit. Lean into the ball and roll by moving your body up and down. This is a notorious "hot spot". Latissimus, infraspinatus, teres major, teres minor and even triceps tendons are in this region. NOTE: You can place the ball in a sock and adjust the position of the ball with the opposite hand.