



Johns Hopkins University
Sport Performance and Wellness
Athletic Training

Spine Mobility Program

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|--|-------------|
| 1. Thoracic Open Books | ... 15 reps |
| 2. Lumbar Open Books | ... 15 reps |
| 3. Side-to-Side Knee Rocking | ... 15 reps |
| 4. NG Active Knee Extensions | ... 15 reps |
| 5. NG Active Knee Ext Isom + Ankle Pumps | ... 15 reps |
| 6. Thread the Needles | ... 15 reps |
| 7. Cat / Cows | ... 15 reps |
| 8. ½ Kneel Lunge Rotations | ... 15 reps |

1. Thoracic Open Books – **with** Foam Roller under crossed knee
2. Lumbar Open Books – **without** Foam Roller under crossed knee

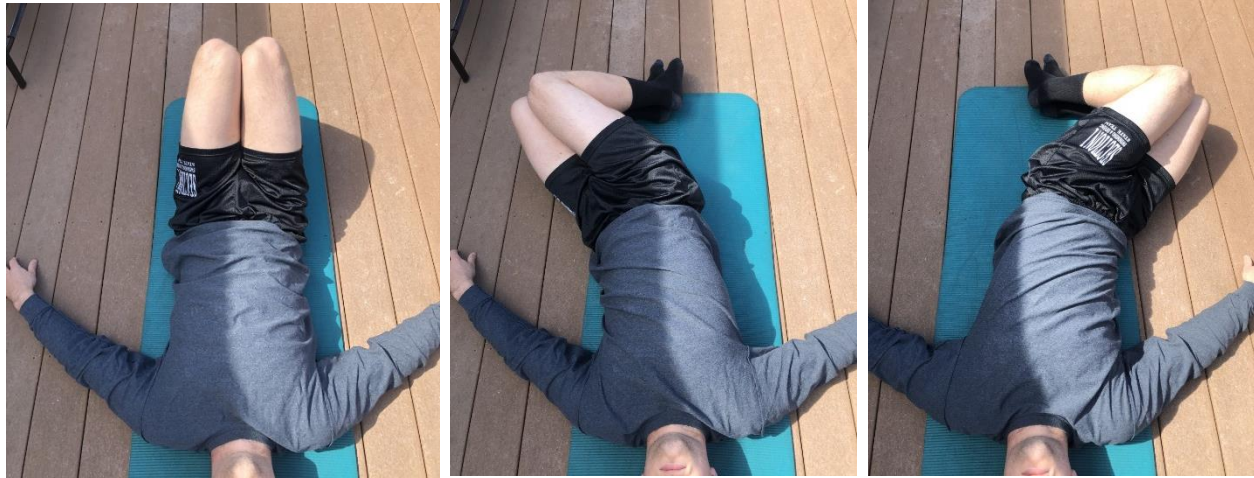
“inhale with arms together, exhale as you open up”





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3. Side-to-Side Knee Rocking



4. NG Active Knee Extensions

5. NG Active Knee Ext Isom + Ankle Pumps



6. Thread The Needles





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7. Cat / Cows



8. 1/2 Kneel Lunge Rotations

