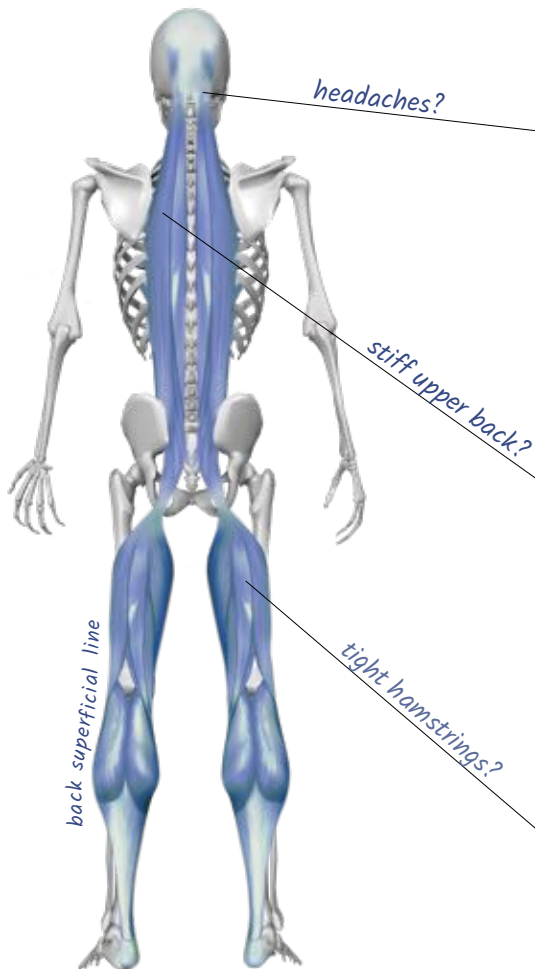


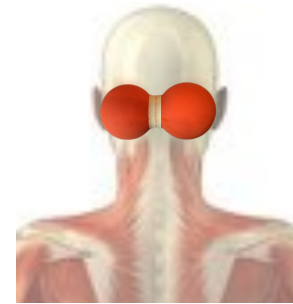
# Focus on the BACK SUPERFICIAL LINE with soma system®'s DOUBLE TRACK ROLLER

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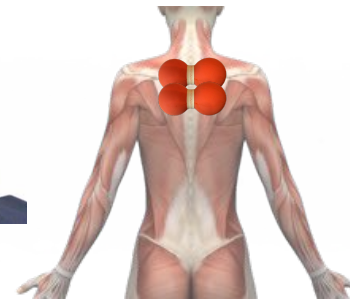
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## Suboccipital Release



- Position the Double Track Roller at the base of your skull on a folded towel or mat.
- Let your head be heavy and relax your jaw and throat.
- Take five slow breaths.
- Make small chin nods or head turns to massage the suboccipital muscles.

## Back Rolling



- Slide one or two Double Track Rollers underneath your back so that the balls lie on either side of your spine.
- Massage your back with very small up and down movements.
- Keep your head and neck relaxed as you move, and avoid hyperextending your neck.
- You may work your way down your spine or linger in one area.

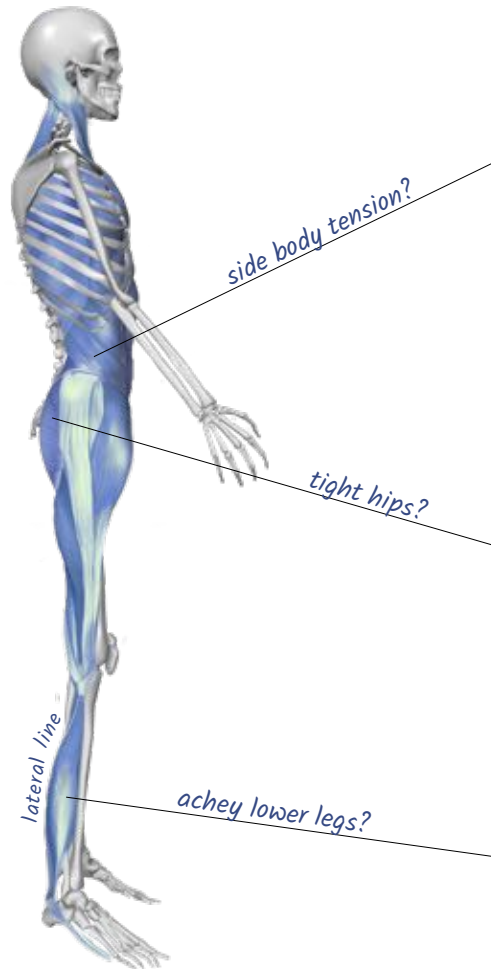
## Hamstring Rolling



- Place a Double Track Roller underneath one thigh, close to the ischial tuberosity.
- Straighten your leg to stretch the hamstring muscles; then nudge the tool a little further down the back of your leg and repeat until you're within a few inches of the back of the knee.
- Exercise caution if you have sciatica. Stop if you experience shooting pain.

# Focus on the LATERAL LINE with soma system®'s DOUBLE TRACK ROLLER

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## Side Abdomen Release



- Slide a **Double Track Roller** underneath the side rim of your pelvis so that the tool is just above the iliac crest.
- Allow the weight of your body to relax onto the tool.
- Slowly roll your hips forward and backward to massage the lateral abdominal muscles.
- Take five slow breaths.

## Outer Hip Release



- Nestle a **Double Track Roller** against your outer hip and let your knees drop towards it.
- You may also elevate your hips and slide the tool underneath.
- Slowly shift your hips side to side to massage the various outer hip muscles.

## Outer Shin Release



- Put a **Double Track Roller** underneath your outer shin, just below the knee.
- Allow the weight of your top leg to provide pressure.
- Roll slightly up and slightly down to massage the various outer shin muscles.