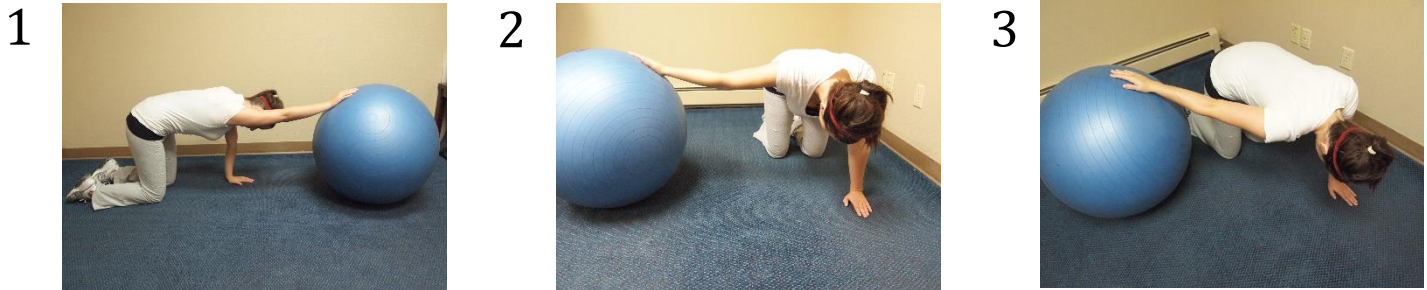




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## Rehabilitative Exercises | Thoracic Stretches

### T7 Y's, T's, and I's Shoulder Stretch



- 1- On hands and knees, reach left arm forward and place on ball. Lean forward to stretch the under arm and shoulder. Stretch for \_\_\_\_\_ seconds.
- 2- Move ball to the 9:00 position. Lean forward, stretching the shoulder for \_\_\_\_\_ seconds.
- 3- Next move the ball to the 7:00 position and lean forward toward left shoulder. Hold Stretch for \_\_\_\_\_ seconds.
- 4- Last, Switch to the right arm and repeat all steps with the ball on the opposite side. You may maneuver your shoulder into many positions as desired. Repeat for \_\_\_\_\_seconds \_\_\_\_\_ times a day.