



Rehabilitative Exercises | Thoracic Exercises

T9 Butterfly Pose



- 1- Assume a neutral standing posture by putting your heels, back and head against the wall. Tuck your chin and push your head back into the wall. Bring arms straight out with palms forward in a “T” position.
- 2- Slowly raise your hands into a “Y” position.
- 3- Keep raising them until they touch above your head, (or as high as you can go) while keeping your elbows, head and hands in contact with the wall.
- 4- Repeat _____ times _____ times a day.

You can intensify this stretch by stepping forward slightly while keeping your hands against the wall.