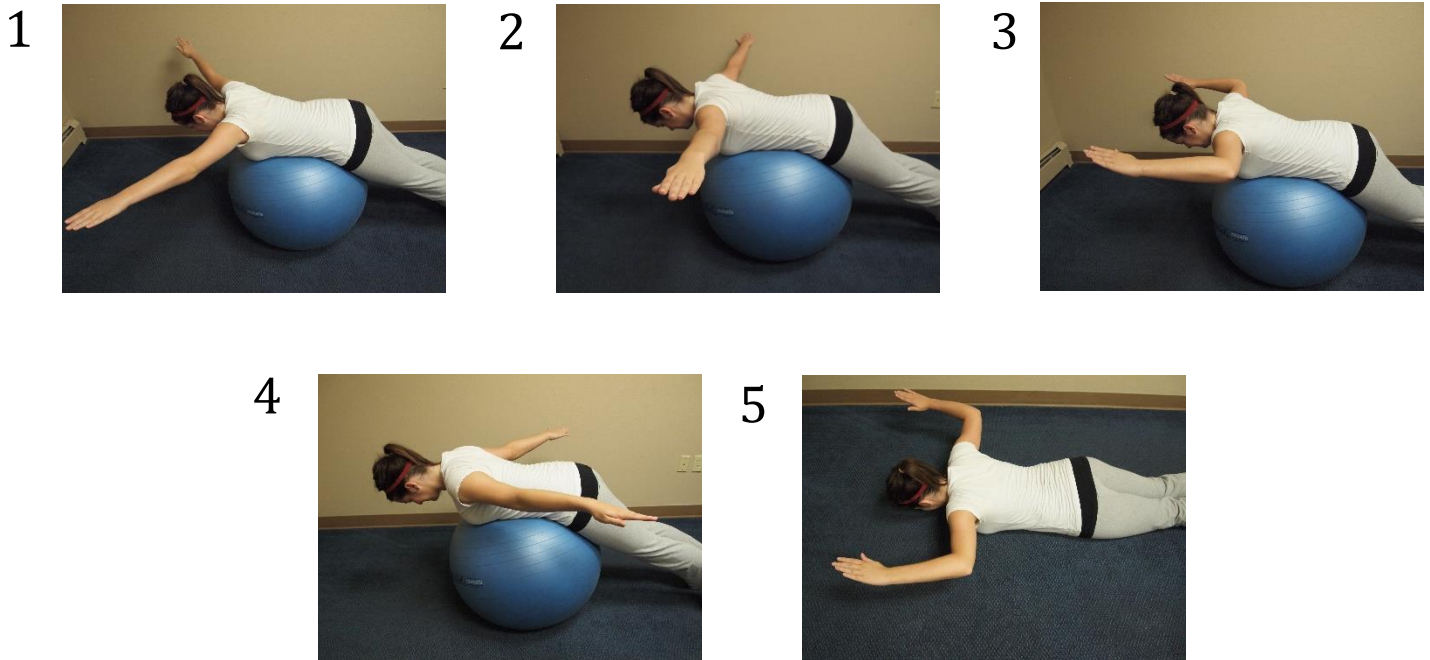




Rehabilitative Exercises | Thoracic Exercises

T8 Y's, T's and I's Ball Stretch



- 1- Bring your arms into a Y position. Do not arch lower back or allow head to fall forward. Pinch shoulder blades together tightly and hold for ____ seconds. Relax, repeating for _____ minutes.
- 2- Repeat in a "T" position. Repeat in a right-angle position.
- 3- Repeat in an arrow position.
- 4- You can modify this exercise by doing it on the floor rather than a ball.
- 5- Repeat each position ____ times per day. To increase the intensity of this exercise, add hand weights. Weights should never be more than 5 lbs.