

T's Y's and I's

Type: Strength

Muscle(s) Worked: Rhomboids, mid trapezius, lower trapezius, back extensors

Equipment Needed: None, or light hand weights when appropriate, swiss ball

INSTRUCTIONS:

1. Get a swiss ball that is appropriate for your height. Lay face down on the swiss ball with the ball centered on your chest and your feet spread slightly wider than shoulder width for balance. Let your arms hang down perpendicular to your body. Make sure that your back is flat and that you are not slouching over the ball.
2. Raise your arms straight out to your sides with your thumbs pointed down. Your body should make a T when your arms get to the end of the movement. Pause when you get to the "T" position.
3. Return to the starting position slowly. Repeat for the number of repetitions and sets that your therapist prescribed.
4. From the same starting position, perform the same motion, but with your thumbs pointed up towards the ceiling. Repeat for the number of repetitions and sets that your therapist prescribed.
5. From the same starting position, bring your arms in front of the ball and raise them with your thumbs, keeping your arms just wider than shoulder width apart. Your body should make a Y when your arms get to the end of the motion. Pause when you get to the "Y" position.
6. Return to the starting position slowly. Repeat for the number of repetitions and sets that your therapist prescribed.
7. From the same starting position, bring your arms together in front of the ball, hand over hand. Extend your arms straight out in front of you, so that your hands are extended in front of your head. Your body should make an I when your arms get to the end of the motion. Pause when you get to the "I" position.
8. Return to the starting position slowly. Repeat for the number of repetitions and sets that your therapist prescribed.

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