**Y**- Lift your arms up in a "Y" shape (with your thumbs pointing backwards), pulling your shoulders back without arching your back.



**W**- From the "Y" position, bring your elbows down until your arms form a "W" shape.  This will bring your shoulder blades even closer together (thumbs still pointing back).

  

**T**- From the "W" position, straighten your arms so that they are flat out from your shoulders forming a "T." (Feel the muscles down the center of your upper back contract even more.)  Keep your hands flat, palms upwards toward the ceiling.



**L**- Finally, bring your elbows down from the "T" position so that each arm forms an "L" shape coming out from your body at a 90 degree angle.  Keep your palms up.  This position will bring your shoulder blades very close together.

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