

# ‘YMTL’ Exercises

## Scapular-Thoracic Hygiene Exercises

- Do all 4 of these exercises at least once per day
- For all of these exercises the object is to pull the shoulder blades together as much as possible and hold for as long as possible. The same breathing pattern applies – inhale while relaxing, exhale while contracting and holding.

Y's



M's



T's



L's

