

Tennessee Back Pain Center

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IYTWL Shoulder Exercise – Exercise Instructions

- This exercise is performed standing with your arms at your side or face down
- Reach all the way up from your sides as if to make your body look like an “I”
- Lower your arms from your shoulders while keeping your arms straight as to make the letter “Y”
- Lower your arms even more to 90 degrees to form a “T” while squeezing your shoulder blades together
- Bend at your elbows to make a “W”. Continue to squeeze your shoulder blades together.
- With your arms down by your side, make a 90-degree angle with your elbows to make the letter “L”. Keep your shoulder blades together.
- Drop arms all the way to return to the starting position.
- Perform 3x per day OR as prescribed by your doctor.
- Note:
 - This exercise is strengthening your shoulders. If you feel pain or discomfort elsewhere, please stop and consult your doctor.
 - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.







