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T.T.Y.I. Stretch Lay diagonally with head on the corner of the bed facing up.

Step 1: Make a "T" off the sides of the bed. Relax and hold for 15-30 seconds. Release stretch for 2-3 seconds. Repeat 2 more times.

Step 2: While still in "T" formation, bend elbows, allowing hands to fall towards floor. Relax and hold for 15-30 seconds. Release stretch for 2-3 seconds. Repeat 2 more times.

Step 3: Make a "Y" but bend elbows, allowing hands to fall towards floor. Relax and hold for 15-30 seconds. Release stretch for 2-3 seconds. Repeat 2 more times.

Step 4: Bring arms to side of body. Make an "I" by raising arms up over head like you're on a rollercoaster, keeping your elbows straight. Allow hands to fall towards floor. Relax and hold for 15-30 seconds. Release stretch for 2-3 seconds. Repeat 2 more times.

**Therapy Guidelines provided by Above & Beyond Massage Therapy Clinic.
Not responsible for any injuries that may occur from home care.**