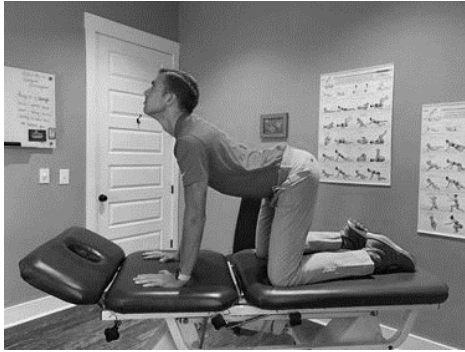
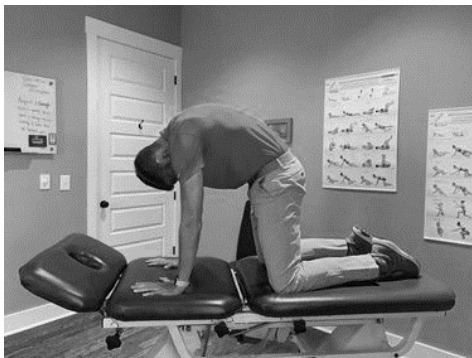


# Cat-Cow



Start in a quadruped/table-top position with knees under hips and hands under shoulders. Staying tall through the shoulders and hips, slowly let your back arch to the floor and look up to the ceiling providing the segmental extension or 'cow' position. Hold this bottom position for 3-5 seconds.



Slowly push ground away through hands and knees to round out the back. Look down to floor and in between knees/feet to provide segmental flexion or the 'cat' position. Hold this rounded position for 3-5 seconds.

Perform 10 of each movement, slow and controlled,  
@2x daily or at your doctor's recommendation.



In Motion Spine & Joint Center

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