Upper Cat





While kneeling on the floor or bed, place a chair or elevated surface for upper arm and body support. Start with a neutral spine and let your mid back fall to the floor as you keep support with your elbows providing back extension (bottom picture). Then press through you elbows and knees to a neutral position and then into a rounded back or cow position (top picture).



In Motion Spine & Joint Center
5242 Main Street
Spring Hill, TN 37174