

## CAT STRETCH



### Starting position

- Kneel on your hands and knees with the knees hip width apart and the hands shoulder width apart
- The spine should be in a neutral position with the weight evenly distributed on the legs and hands



### Movement

- Exhale. Set your abdominal muscles and draw your spine into flexion
- Try and curl your spine upwards and allow your head to relax between your arms
- Avoid rounding the upper back excessively



- Exhale then slowly roll your spine down and extend through your mid and upper back
- Repeat the movement 3 – 4 times

### Notes:

- Maximise flexion of the lower back during the first phase and extension of the mid to upper back during the second phase
- Avoid extending into your lower back too much