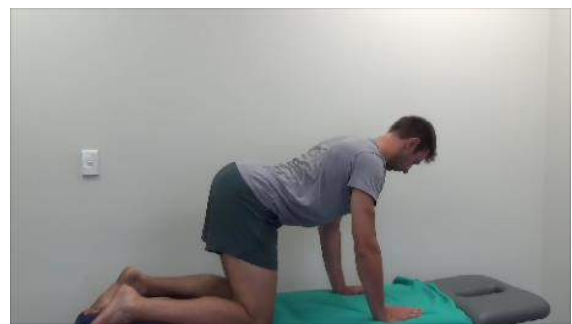
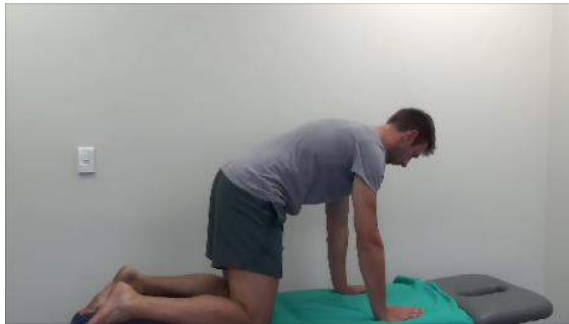


## Cat Cow Stretch:



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=850>

### Exercise Purpose:

- To stretch your back muscles and gain relief from spinal pain

### Key Points:

- Begin on your hands and knees. Have your thighs and arms vertical and your neck/chin tucked up in a neutral position
- Pushing through the palms of your hand, slowly raise your lower back up towards the ceiling as high as you can
- Then slowly lower/arch it back down to the ground again
- When you raise it up to the ceiling breathe out and when you lower it again breathe in
- Try not to let the tops of your shoulder get too close to your ears throughout this process.