

## Exercise Prescription: Cat-Camel

### Purpose of Exercise:

This is a very gentle way of mobilizing the spine and will help reduce stiffness, and improve/maintain muscle tone.

### Starting Position:

On your hands and knees with a neutral spine. Hands are under your shoulders and knees are under your hips.

### Exercise Description:

From the starting position, slowly let your belly drop while extending your neck backwards. Go as far as pain/stiffness permits. Do not hold here or stretch at the end of the movement. Now arch your back while flexing your head downwards as far as pain/stiffness permits.

Cycle slowly between the two positions 10-20 times. Remember to breathe slowly and deeply during the movement.

### Pictures:

