

Cat-Camel Exercise

Instructions

- On all fours with knees under hips and hands under shoulders.
- Inhale and let belly fall downwards toward floor as you look up toward ceiling for 2 seconds.
- Exhale and arch back up as far as it will go (you should not feel pain, if you do you are going too high)
- At same time bend neck forward and look at belly button.
- do for 1-2 minutes, 2-3 times per day.



Cat-Camel Exercise (modified)

Instructions

- On all fours with knees under hips and hands under shoulders.
- Inhale and let belly fall forward as you look up toward ceiling for 2 seconds.
- Exhale and arch back towards back of chair as far as it will go (you should not feel pain, if you do you are going too high)
- At same time bend neck forward and look at belly button.
- do for 1-2 minutes, 2-3 times per day.

