

Dynamic

CHIROPRACTIC CLINIC

Better Health in Motion

Cat and Cow Exercise

Instructions: Duration 1 Minute

This is a great exercise for patients who suffer from lumbar disc injuries... it helps most in the morning, when the discs have the most water in them.

Get on all fours, knees behind the hips. Allow your belly to drop out to the floor, and look up to the ceiling. This is EXTENSION, something (almost) every lumbar disc loves. Hold this position for three to four seconds. Then, begin to arch your back. Hold this position for one to two seconds.



1.

2.

3.

Remember, the downward motion Picture (#2) is the important one. Focus on relaxing into this position most.

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