

Cat stretch

Fig A.



Fig B.



Fig C.



Go into a crawling position with your hands directly under your shoulders and your knees and hips at 90 degrees (Fig A).

Slowly round your back upwards, letting your head relax forwards (Fig B).

Gently reverse the position in a slow controlled manner allowing your spine to sink towards the floor. Lift your gaze towards the front and lengthen your neck away from your shoulders (Fig C).

Repeat as advised by your physiotherapist.

For a video demonstration of this exercise please press 'Ctrl' and click [HERE](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.



NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.