

Tennessee Back Pain Center

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Cat Cow – Exercise Instructions

- Begin by getting on hands and knees
 - Knees should be under hips
 - Hands should be under shoulders
- Breathe through the nose and into the belly
- Begin by arching your back up towards the ceiling and tucking your chin towards your chest.
 - Pretend like you are an angry or scared cat with a high-arched back.
 - Try to get your entire spine to move, creating a “C” shape with the opening facing downward, from your neck all the way to your tailbone.
 - Hold for 1-2 seconds.
- Then drop your belly all the way to the ground and look straight ahead.
 - This is similar to a cow or a camel.
 - Try to get your entire spine to move, creating a “C” shape with the opening upward, from your neck all the way to your tailbone.
 - Hold for 1-2 seconds.
- Keep alternating between positions, about 10x per position.
 - Perform 3x per day or as prescribed by your doctor.
- Note:
 - This exercise is more of a stretch than a strengthening exercise, therefore it should not cause any pain.
 - If you are experiencing tightness or stiffness, it is okay to push through it.
 - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.

Seated Cat Cow – Exercise Instructions

- This exercise is a modified version of the Cat Cow exercise, great specifically for people who sit for longer periods of time.
- Start in a seated position.
- Breathe through your nose and into the belly
- Stay seated, but begin by arching your back. Almost as if you are giving yourself a big belly or sticking your belly out.
 - With your neck, look up towards the ceiling.
 - Hold for 1-2 seconds.



- Then tuck your belly button in towards your spine, in a slumped position.
 - Tuck your chin towards your chest.
 - Hold again for 1-2 seconds.
- Keep alternating positions, about 10x.
 - Perform 3x per day or as prescribed by your doctor.
- Note:
 - This exercise is more of a stretch than a strengthening exercise, therefore it should not cause any pain.
 - If you are experiencing tightness or stiffness, it is okay to push through it.
 - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.

Cat Cow - Cat

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Cat Cow - Cow

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