



ANGRY CAT STRETCH

On your hands and knees. Have knees under your hips and hands under your shoulders.

Draw up your spine to arch your back towards the ceiling, hold 3-5 seconds and return to start position.

Repeat 10-15 times, you should find the movement gets easier as you keep going.

Progression: once you have arched your back drop your bottom back towards your heels to increase the stretch Video # VV75PK2CB

Repeat 10 Times

Hold 5 Seconds

Complete 2 Sets

Perform 1 Times a Day



SEATED LOW BACK STRETCH

While sitting in a chair, slowly bend forward and reach your hands for the floor. Bend your trunk and head forward and down. Video # VVM8SGHBE

Repeat 10 Times

Hold 3 Seconds

Complete 2 Sets

Perform 1 Times a Day