

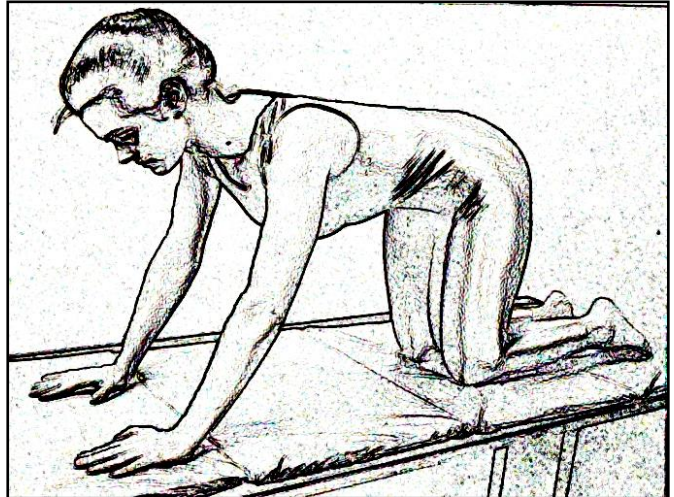
THE CAT or PUPPY STRETCH

(Extended Child's Pose)

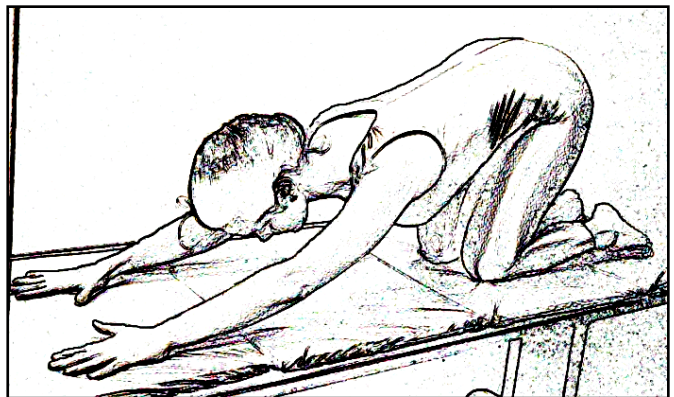
PURPOSES:

- Strengthen spinal muscles in ideal neutral posture.
- Stretch spinal muscles
- Stretch shoulder muscles

1. Get into the all 4's position with **BACK FLAT** and shoulder blades pulled down and in



2. Extend your hands and arms out in front of you, then stretch out as flat as possible. Exhale as you flatten your back and relax. Move your bottom slightly backward.



3. Keep **BACK FLAT** and shoulder blades pulled down and in. Lift one arm at a time slightly off surface.



4. Advanced - Lift arm off surface holding a light weight