

# Standing Cats and Dogs



Reps:

Sets:

Duration:

## Instructions:

1. Slowly stand and curl your spine up, tucking your knees back, rounding your spine, head looking down- into Cat position -tuck in your butt (No Butt)
2. Repeat as directed by your therapist

## Position:

Standing with bent knees-'butt' extended, hands on knees, shoulders collapsed, looking up (Dog position),

## Purpose:

Creates arch in lumbar spine and thoracic extension. Promotes flexion and extension of the entire spine, and lubricating of the whole spine.