

BACK EXERCISE - CAT STRETCH

The CAT exercise is designed to train the Transversus Abdominis, the deepest abdominal muscle which is important for spinal stability and strength.



PART ONE

- Get onto your hands and knees on the floor, keeping your back fairly straight. Relax your back and abdominal muscles, allowing them both to sag downwards as much as possible, and hold for a few seconds. Don't let your arms bend.



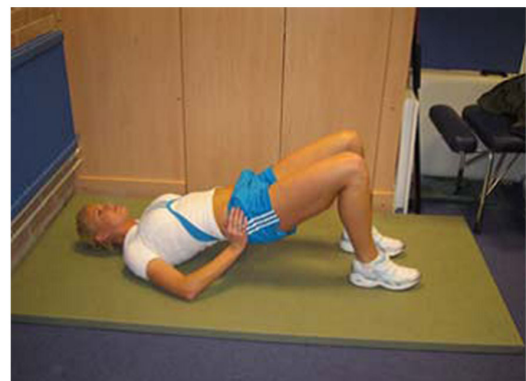
PART TWO

- Next arch your back upwards "like an angry cat", whilst trying to suck your abdominal muscles upwards. Tip - try closing your voice box and breathing in at the same time. Imagine that you are trying to make your tummy button touch your spine. Hold for a few seconds then relax.
- Repeat Parts 1 and 2 in sequence, setting an initial target of 10 repetitions, increasing the number by an extra 10 and so on, when you feel confident.



PELVIC TILTS

- Lie on your back with both feet on the floor, knees and hips flexed, hands palm down beside you.
- Push your bottom into the floor arching your lower back as far as possible, and hold for a few seconds.
- Do the reverse movement by lifting your bottom off the floor whilst thrusting your pelvis forwards, and hold for a few seconds. Keep as much of your lower back in contact with the floor as possible, this concentrates the exercise around the lumbo-pelvic junction.
- Go to No.2 and repeat.
- Set an initial target of 10 repetitions, increasing the number by an extra 10 and so on, when you feel confident.
- When you are confident try developing a continuous movement from no.2 to no.3 without pausing in between.



If you are having any problems with these exercises then please don't hesitate to contact us and we can talk you through them.