REDWOOD PHYSIOTHERAPY CLINIC

199 Main North Road, Christchurch; PH - 03 3529900



Cat Camel





Starting position

On all fours. Place hands under shoulders and knees under hips.

Action

Flex your head down and arch your back up like a camel Extend your head up and arch your back down like a cat

Repetitions

Perform this ____ times. This should be a fluid movement with no forcing.

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