

# Segmental Cat-Cow

The cat/cow is a great exercise for general spinal mobility. It brings your entire spine from neck to tailbone through its full range of motion in both flexion and extension. It is very gentle on the spine as the spine isn't loaded against gravity in the hands/knees position

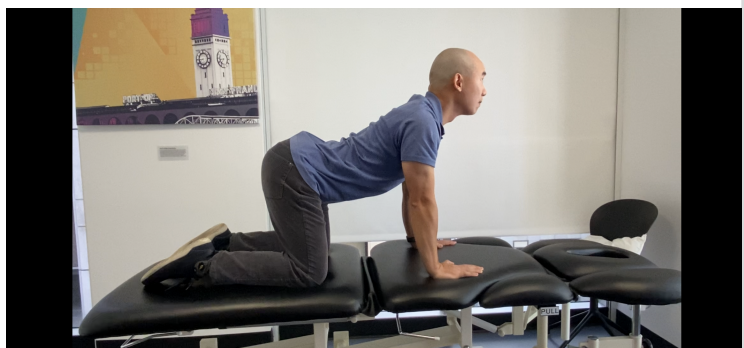
The segmental cat/cow brings in more body awareness and motor control training. Improving this skill can transfer to more functional movements in different body positions as one's general spinal awareness improves.

## Cat-Cow

Cat: Bring the entire spine, from neck to tailbone, through full flexion ROM



Cow: Bring the entire spine, from neck to tailbone, through full extension ROM



# Segmental Cat-Cow

## Segmental Cat-Cow

Segmental flexion: Begin in a neutral spine position, start from the top down:

1. Tuck chin towards chest
2. Begin flexing/rounding the upper back, it can feel like you're pushing the chest away from the floor
3. Slowly flex mid back, feel as if the lower ribs are moving towards the ceiling
4. Flex lower back by engaging lower abdominals
5. Finally tuck the pelvis underneath you, as if you were tucking a tail between your legs



Segmental extension: Begin from the bottom up:

1. Untuck your pelvis, extend/arch your lumbar spine
2. Move to mid back region, this can feel like dropping bottom of your ribs towards the ground
3. Upper back extension, squeeze shoulder blades together, bring sternum towards the ground
4. As you begin neck extension initiate the motion with a chin tuck/cervical retraction before finally looking up and bringing chin up towards the sky

