

Cat Stretch



The cat stretch can help lengthen the back, make it stronger, and ease tension in the muscles.

To perform the cat stretch:

- Get onto the hands and knees with the knees hip-width apart.
- Arch the back, pulling the bellybutton up toward the spine.
- Slowly relax the muscles and allow the abdomen to sag toward the floor.
- Return to the starting position.
- Repeat 3–5 times twice a day.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

Dr. Ralph has also put together a home care kit that includes a small foam roller, balance disc, and bands that we are offering at our cost of \$30.00 and at this time we are offering no contact drop off service for the kit.

We are currently back to seeing routine and maintenance patients. Please feel free to call 770.565.8151 if you have any questions about this exercise, our schedule, or our home care kit.