

Spinal Mobility

Practice

T3



the practice



Stable Table

Find your breath.

Scapular Protraction and Retraction x 4

Tail Tips x 4

Cat / Cow x 4

Rocking Cat / Cow x 4

Click here for video!

things to remember



Stable Table - Hands under shoulders, knees under hips. Balanced weight distribution. Neutral spine.

Scapular Protraction and Retraction - Arms stay straight; movement is in shoulder blades toward/away from spine.

Tail Tips - Shoulders stay steady and stable. Just tilt the tail. Can you move slowly and keep your movements at around 70% of maximum?

Cat / Cow - Put shoulder and tail together. Head doesn't lead movement, but gently follows.

Rocking Cat / Cow - Rock forward gently in cow, rock back in cat.

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