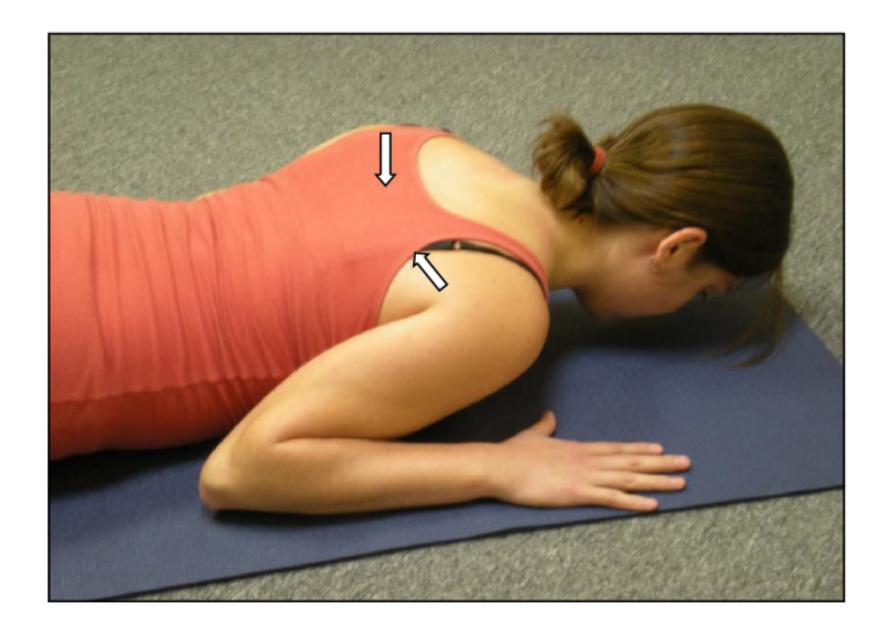
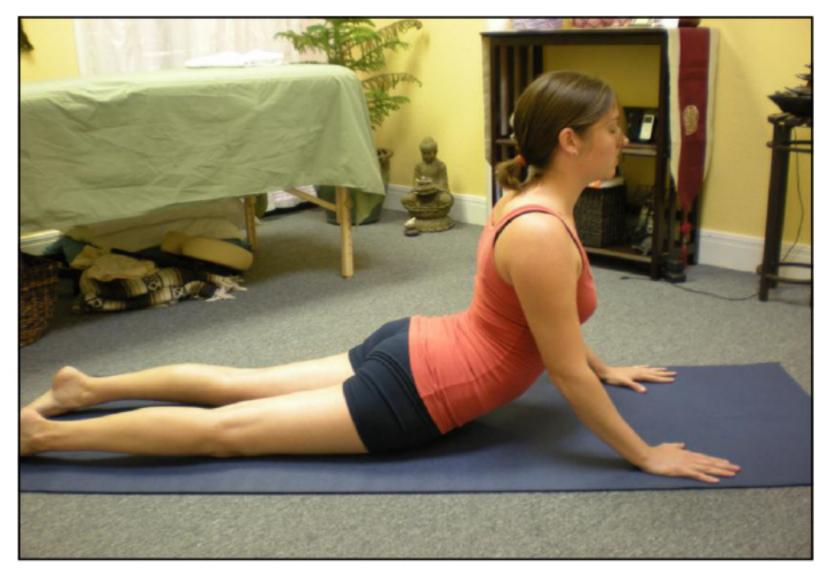


## **Cobra/ Spinal Extension**

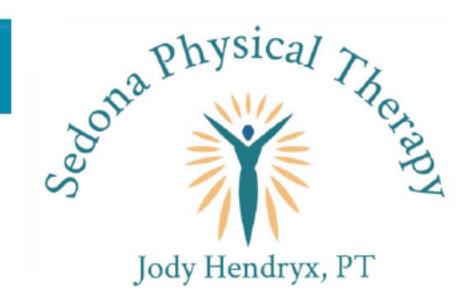
Starting Position: Lying faced down on your belly toward the floor.



 Pull shoulder blades down and in, have elbows tucked close to Body.



Press hands into floor
 Pull shoulder blades down and in.
 Your front chest should be lifted, but only lift as high as you are able with our compressing your lower back



## Cobra/ Spinal Extension:

This stretch helps to activate the muscles along the spine.

FYI: The Spinal Extension also known as Cobra pose is a great way to strengthen both your back and abdominal muscles and can also encourage digestion.

www.sedonaphysicaltherapy.com jody@sedonaphysicaltherapy.com