

Westminster Accident and Injury Center

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Name:

Date:

Series:

Treat rehab and corrective exercises with respect. It is best to follow this program outlined in the order presented, performed as directed by Dr. Higgins. Wear loose fitting, comfortable clothes and start movements slowly and carefully. Maintain a balanced breathing cycle with each exercise. Do not skip a day or double up on your routine. If you feel some discomfort or soreness it is due to your muscles becoming stronger and conditioned.

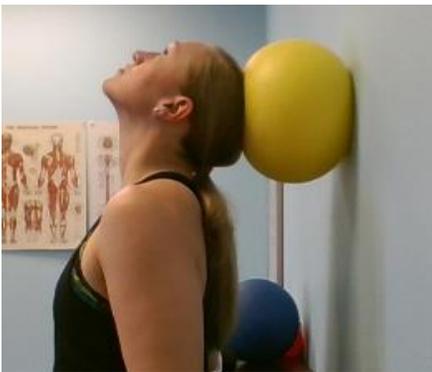
Isotonic Phase



Flexion

- Face the wall, stand tall, and rest forehead against the ball
- Push head into the ball and tuck chin down at the same time
- Relax neck and bring head back to the starting position
- Push head into the ball and tuck chin down towards right shoulder, and repeat to the left

Reps: 10 Sets: 3



Extension

- Start facing away from the wall, stand tall and rest the crown of the head against the ball
- Push head into the ball and look up towards the ceiling
- Relax neck and bring head back to the starting position
- Push head into the ball and look up to the right, and repeat on the left

Reps: 10 Sets: 3



Left and Right Lateral Flexion

- Stand with left shoulder next to the wall, stand tall, and position the ball just above your ear
- Push head into the ball and bring the left ear down towards the left shoulder
- Relax neck and bring head back to the starting position
- Repeat on the right side

Reps: 10 Sets: 3