

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.



Dead Bug

- Lay flat on back with hands and feet up towards the ceiling
- Lower same arm and leg down towards the floor
- Bring arm and leg back up
- Repeat on the other side

Reps: 10 Sets: 3



Half Roll Back

- Start in a seated position with knees bent and back straight
- Slowly roll backward until the low back is on the floor
- Lift upper body back to a seated position

Reps: 10 Sets: 3



Russian Twist

- Start in a seated position with knees bent
- Twist upper body to the right and left alternating
- Keep the back straight and knees facing forward

Reps: 10 Sets: 3



Plank

- Lay face down on your forearms and toes
- Keep your body in a straight line from head to heel
- Squeeze everything and hold for 10 seconds to 1 minute

Reps: 10 Sets: 3