

Westminster Accident and Injury Center

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Name:

Date:

Series:

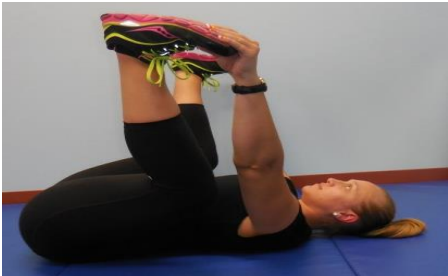
Treat rehab and corrective exercises with respect. It is best to follow this program outlined in the order presented, performed as directed by Dr. Higgins. Wear loose fitting, comfortable clothes and start movements slowly and carefully. Maintain a balanced breathing cycle with each exercise. Do not 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.

Child's Pose



- Start on hands and knees then bring your toes together and keep knees hip width apart
- Press hips back towards heels and press hands forward, resting forehead on the floor
- Hold for 30 seconds

Reps: 10 Sets: 3



Happy Baby

- Lay flat on back
- Bring both knees in towards chest and grab toes
- Gently rock side to side
- Hold for 30 seconds

Reps: 10 Sets: 3



Hip External Rotation Stretch

- Lay flat on back with one knee bent
- Cross the other foot over the bent knee creating a figure "4" shape
- Pull the bottom knee in towards chest for a deeper stretch
- Hold for 30 seconds

Reps: 10 Sets: 3



Lunge Stretch

- Kneel on one knee making sure there is a 90 degree angle at both knees
- Press forward until you feel a stretch
- Raise the arm opposite of the front leg and stretch over the front leg

Reps: 10 Sets: 3

