

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.



Knee Extension

- Tie ends of band together and anchor band in door
- Face away from the door and wrap band loop around ankle
- Extend the leg forward until knee is straight for two counts
- Release knee back for two counts

Reps: 10 Sets: 3



Knee Flexion

- Tie ends of band together and anchor band in door
- Face the door and wrap band loop around ankle
- Flex the knee and send the heel backward for two counts
- Release knee back for two counts.

Reps: 10 Sets: 3



Forward Bend

- Start standing with feet hip width apart
- Beginning with the head bend forward and reach towards floor
- Hold for 10-30 seconds

Reps: 10 Sets: 3