

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.



Squat

- Stand with feet slightly wider than hip width apart and arms outstretched
- Bend the knees and hips into a sitting position
- Hold for two counts and release back to standing

Reps: 10 Sets: 3



Sumo Squat

- Stand with feet slightly wider than hip width apart and legs turned out
- Bend the knees out over the toes sending the pelvis straight down towards floor
- Hold for two counts and release back to standing

Reps: 10 Sets: 3



Lunge

- Stand with feet hip width apart one leg behind in a staggered stance
- Bend the back knee and kneel down
- Release back to standing and repeat with other leg

Reps: 10 Sets: 3



Leg Press

- In a seated position with one leg straight wrap the band around the arch of the other foot
- Hold one end of the band in each hand, keep the back straight, and press the leg away for two counts
- Release the leg back and repeat on the other side

Reps: 10 Sets: 3

