

Westminster Accident and Injury Center

Christopher L. Higgins, D.C.

680 W. 121st Ave. Ste. 100

Westminster, CO 80234

P: 303-457-4570 | F: 303-254-9590

Website: westminsteraccidentandinjury.com

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 to Chest

- Lie flat with back on the floor, knees bent, and feet flat on the floor
- Bring knee towards chest and grab behind the knee pulling the leg closer
- Hold for 10 seconds then slowly release leg to starting position
- Repeat on the other side

Reps: 10 Sets: 3



Double Knee to Chest

- Lie flat with back on the floor, knees bent, and feet flat on the floor.
- Bring both knees in towards the chest and grab behind the knees pulling them closer to the chest.
- Hold for 10 seconds then slowly release legs back to starting position

Reps: 10 Sets: 3



Pelvic Tilt

- Lie flat with back on the floor, knees bent, and feet flat on the floor.
- Press low back down into the floor, squeeze glute muscles, and allow pelvis to tilt upwards
- Hold for 10 seconds and then release

Reps: 10 Sets: 3



Abdominal Toning

- Lie flat with back on the floor, knees bent, and feet flat on the floor
- Extend the arms towards the knees and raise upper back off the floor
- Hold for 3 seconds then release

Reps: 10 Sets: 3