

# Westminster Accident and Injury Center

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Name:

Date:

Series:

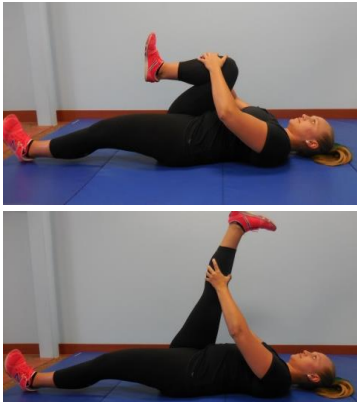
Treat rehab and corrective exercises with respect. It is best to follow this program outlined in the order presented, performed as directed by Dr. Higgins. Wear loose fitting, comfortable clothes and start movements slowly and carefully. Maintain a balanced breathing cycle with each exercise. Do not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



## Hip Bridge

- Lie flat on your back, knees bent, feet flat on the floor
- Press low back into the floor, squeeze glute muscles, and lift hips towards ceiling
- Hold 10 – 30 seconds release back down

Reps: 10      Sets: 3



## Hamstring Stretch

- Lie flat on back with one leg straight and the other knee bent in towards chest
- Straighten the bent leg towards the ceiling while keeping the foot flexed
- Bend the knee back to the chest then straighten out on the floor
- Repeat with other leg

Reps: 10      Sets: 3



## Supine Twist

- Lie flat on back with arms out to the side in a “T” position
- Bend one leg and rest that foot just above the other knee
- Rotate as far as you can keeping both shoulders on the mat
- Hold for 30 seconds and repeat on the other side

Reps: 10      Sets: 3



## Prone Extension Stretch

- Lie face down and rest on forearms, pressing upper body up in an arch
- Hold for 30 seconds and slowly release the upper body down

Reps: 10      Sets: 3