

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.



Wall Angel

- Stand with heels against the wall
- Squeeze shoulder blades together, bend the elbows bringing them in by the ribcage
- Keeps hands and forearms against the wall

Reps: 10 Sets: 3



Wall Pistol Push-Up

- Stand with heels against the wall
- Elbows at shoulder height, and forearms parallel to the floor, and thumbs up towards the ceiling
- Rotate from the shoulder to press thumbs back toward the wall

Reps: 10 Sets: 3



Doorway Stretch

- Place a hand on either side of a doorframe and stand up tall
- Take one step forward through the doorway keeping the hands on the doorframe
- Hold for 10-30 seconds.

Reps: 10 Sets: 3