

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:

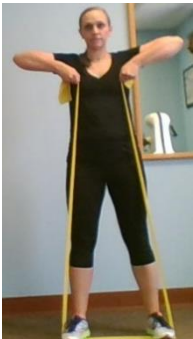
Treat rehab and corrective exercises with respect. It is best to follow this program outlined in the order presented, performed as directed by Dr. Higgins. Wear loose fitting, comfortable clothes and start movements slowly and carefully. Maintain a balanced breathing cycle with each exercise. Do not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



Reverse Fly

- Grasp band in hands with arms straight out
- Squeeze the shoulders together and moves arms out to the side
- Release back to starting position

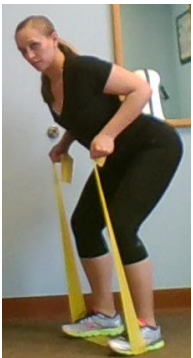
Reps: 10 Sets: 3



Upright Row

- Stand on middle of the band and grasp one end of the band in each hand
- Lift hands up keeping them close to the body with elbows bending out to the side
- Release back to starting position

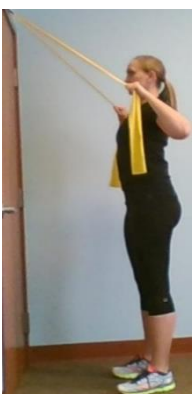
Reps: 10 Sets: 3



Bent Over Row

- Stand on middle of the band and grasp one end of the band in each hand
- Start in a small squat position with arms straight
- Pull elbows in and behind for two counts
- Release for two counts

Reps: 10 Sets: 3



Lat Pull Down

- Secure band overhead in door and grasp one end in each hand with arms outstretched
- Squeeze the shoulders and bring the elbows down and back for two counts
- Release for two counts

Reps: 10 Sets: 3