

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.



Side Leg Raise

- Lay on side with feet stacked one on top of the other
- Lift top leg up towards the ceiling
- Release leg back down and repeat on the other side.

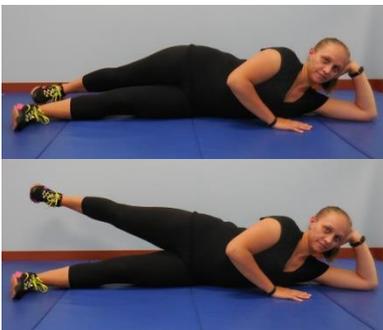
Reps: 10 Sets: 3



Hip Circles

- Lay on side with feet stacked one on top of the other
- Lift top leg towards the ceiling and perform small circles in a clockwise and then counter clockwise direction
- Repeat on the other side

Reps: 10 Sets: 3



Posterior Side Leg Raise

- Lay on side with feet stacked one on top of the other
- Place top leg directly behind your other leg and lift leg towards the ceiling keeping it behind you.
- Repeat on the other side

Reps: 10 Sets: 3



Inner Thigh Leg Lift

- Lay on side with the top leg bent and the foot resting behind the other leg
- Raise your bottom leg up towards the ceiling
- Repeat on the other side

Reps: 10 Sets: 3