

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.



Butterfly Exercise

- Tie band tightly around thighs and lay on back with knees bent
- Keeping feet together open the knees out to the side for two counts
- Release the knees back up

Reps: 10 Sets: 3



Hip Flexion

- Tie band tightly around thighs in a sitting position
- Lift knee up for two counts
- Release the leg down for two counts
- Repeat with the other leg

Reps: 10 Sets: 3



Hip Internal Rotation

- Tie ends of band together, anchor band in door and sit just behind the anchor point
- Put foot closest to the door inside the band loop
- Press leg in and across the body for two counts
- Release leg for two counts and repeat with other leg

Reps: 10 Sets: 3



Hip External Rotation

- Tie ends of band together, anchor band in door and sit just behind the anchor point
- Put your outside foot inside the band loop
- Press leg out and away from the body for two counts
- Release leg for two counts and repeat with other leg

Reps: 10 Sets: 3

