

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.



Cat/Cow

- Start on hands and knees
- Arch your back and drop your head
- Then reverse the arch

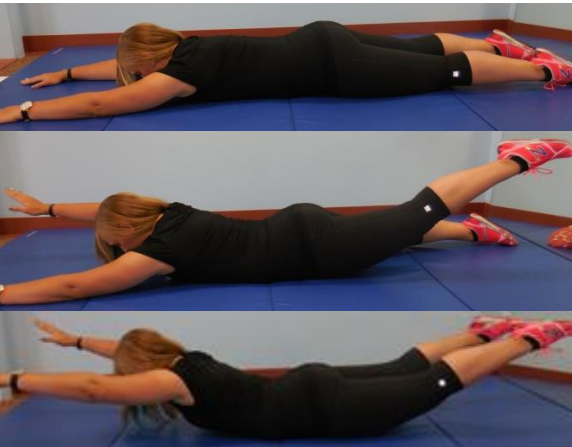
Reps: Sets:



Bird Dog

- Start on hands and knees
- Lift opposite arm and leg out and away from the body.
- Hold for 3 seconds then switch

Reps: 10 Sets: 3



Prone Extension Exercise

- Lay face down with limbs stretched out
- lift opposite arm and leg off the floor, hold 3 seconds and switch

Reps: 10 Sets: 3

Superman

- Lay face down with limbs stretched out
- Lift all four limbs off the floor, hold 3 seconds

Reps: 10 Sets: 3



Side Stretch

- Stand up tall with hands on hips
- Slowly bend towards one side
- Hold for 3-5 seconds then slowly lift the upper body back to standing.
- Repeat on the other side.

Reps: 10 Sets: 3