

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.



Bicep Curl

- Stand in the middle of the band and grasp one end in each hand
- Start with palms facing outward and pull hands up bending at the elbow for two counts
- Release back for two counts

Reps: 10 Sets: 3



Tricep Kickback

- Stand in the middle of the band and grasp both ends in one hand
- Start in a small squat position, bend arm at the elbow, and extend the hand backward for two counts
- Release back for two counts

Reps: 10 Sets: 3