

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.



Calf Raises

- Stand with feet hip width apart toes pointing forward
- Lift your heels off the ground and balance on the balls of the feet
- Hold for 3-5 seconds then slowly release your heels back down

Reps: 10 Sets: 3



Dorsiflexion and Plantarflexion

- Start in a seated position with legs straight
- Flex toes back towards shins for two counts
- Point toes towards floor for two counts

Reps: 10 Sets: 3



Ankle Circles

- Start in a seated position with legs straight
- Moving from the ankle circle feet clockwise
- Moving from the ankle circle feet counterclockwise

Reps: 10 Sets: 3