

# 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.



## Chest Fly

- Anchor band in door at shoulder height and grab one end in each hand with a staggered stance
- Starting with arms straight out to the side squeeze arms in toward each other for two counts
- Release back for two counts

**Reps: 10      Sets: 3**



## Chest Press

- Anchor band in door at shoulder height and grab one end in each hand
- Start with elbows bent and hands in front of the shoulders
- Press hands forward until arms are straight for two counts
- Release back for two counts

**Reps: 10      Sets: 3**