

Westminster Accident and Injury Center

Christopher L. Higgins, D.C.

680 W. 121st Ave. Ste. 100

Westminster, CO 80234

P: 303-457-4570 | F: 303-254-9590

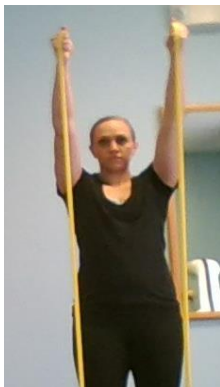
Website: westminsteraccidentandinjury.com

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.



Shoulder Flexion

- Stand on the middle of the band and hold an end in each hand
- Palms facing each other flex the arms up towards the ceiling
- Keep the arms straight

Reps: 10 Sets: 3



Shoulder Extension

- Stand on the middle of the band and hold an end in each hand
- Palms facing each other extend the arms back behind
- Keep the arms straight

Reps: 10 Sets: 3



Shoulder Adduction

- Stand on the middle of the band and hold one end in hand
- Palm facing inward push the arm towards the midline of the body
- Keep the arm straight

Reps: 10 Sets: 3



Shoulder Abduction

- Stand on the middle of the band and hold an end in each hand
- Palms facing down raise the arms out to the side and up
- Keep arms straight

Reps: 10 Sets: 3