

Westminster Accident and Injury Center

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Name:

Date:

Series:

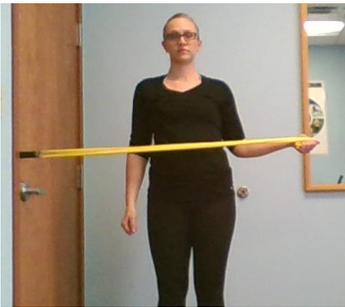
Treat rehab and corrective exercises with respect. It is best to follow this program outlined in the order presented, performed as directed by Dr. Higgins. Wear loose fitting, comfortable clothes and start movements slowly and carefully. Maintain a balanced breathing cycle with each exercise. Do not 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.



Shoulder Internal Rotation

- Anchor band at waist level and grab both ends in one hand
- Pull hand inward towards midline of the body
- Keep the arms straight

Reps: 10 Sets: 3



Shoulder External Rotation

- Anchor band at waist level and grab both ends in one hand
- Pull hand out to the side of the body
- Keep the arms straight

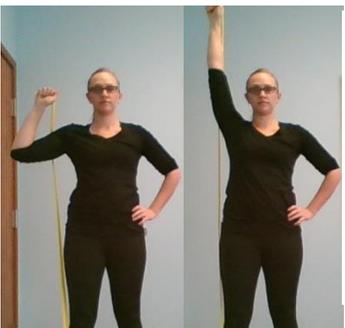
Reps: 10 Sets: 3



Front Raise

- Stand on the middle of the band and hold one end in each hand
- Palm facing down pull the arms towards the ceiling
- Keep the arms straight

Reps: 10 Sets: 3



Overhead Press

- Stand on one side of the band and hold other in hand
- Palm facing forward press the arm up overhead
- Keep arm straight

Reps: 10 Sets: 3