

Westminster Accident and Injury Center

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Name:

Date:

Series:

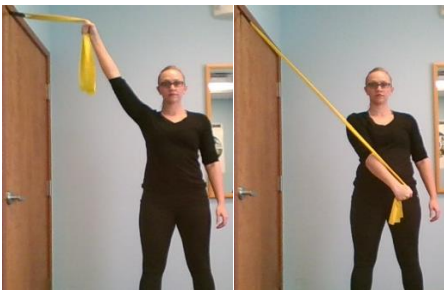
Treat rehab and corrective exercises with respect. It is best to follow this program outlined in the order presented, performed as directed by Dr. Higgins. Wear loose fitting, comfortable clothes and start movements slowly and carefully. Maintain a balanced breathing cycle with each exercise. Do not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



Diagonal Extension

- Anchor band overhead grab both ends in outside hand
- Pull hand down and across the body
- Keep the arm straight

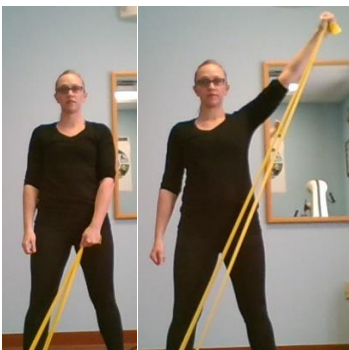
Reps: 10 Sets: 3



Diagonal Flexion

- Anchor band overhead and grab both ends in inside hand
- Pull hand down and across the body
- Keep the arm straight

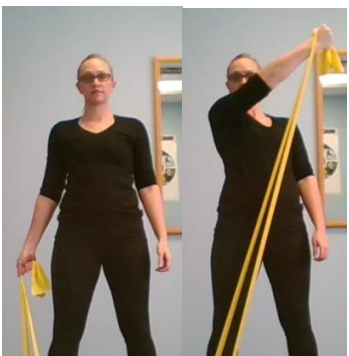
Reps: 10 Sets: 3



Diagonal Overhead Extension

- Stand on the middle of the band with one foot and hold both ends in opposite hand
- Pull arm up and across the body
- Keep the arm straight

Reps: 10 Sets: 3



Diagonal Overhead Flexion

- Stand on the middle of the band with one foot and hold both ends in same hand
- Pull arm up and across the body
- Keep arm straight

Reps: 10 Sets: 3