

# 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.



## Pelvic Tilt

- Lie flat with back on the floor, knees bent, and feet flat on the floor.
- Press low back down into the floor, squeeze glute muscles, and tilt pelvis up
- Hold for 10 seconds and then release

**Reps: 10      Sets: 3**

## Hip Bridge

- Lie flat on your back, knees bent, feet flat on the floor
- Press low back into the floor, squeeze glute muscles, and lift hips towards ceiling
- Hold 10 – 30 seconds release back down

**Reps: 10      Sets: 3**



## Hamstring Stretch

- Lie flat on back with one leg straight and the other knee bent in towards chest
- Straighten the bent leg towards the ceiling while keeping the foot flexed
- Bend the knee back to the chest then straighten out on the floor
- Repeat with other leg

**Reps: 10      Sets: 3**



## Straight Leg Raise

- Lie flat on back with one leg straight and the other bent
- Raise straight leg towards the ceiling keeping the foot flexed
- Release leg to the floor and repeat with other leg

**Reps: 10      Sets: 3**