

Supermans



- Lie face down on the ground and stretch both arms out in front of the body, keeping the legs stretched out and flat on the ground.
- Raise both the hands and feet, aiming to create a gap of about 6 inches between them and the floor.
- Try to pull in the bellybutton, lifting it off the floor to engage the core muscles.
- Keep the head straight and look at the floor to avoid neck injury.
- Stretch the hands and feet outward as far as possible.
- Hold the position for 2 seconds.
- Return to the starting position.

Repeat 10 times.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

Dr. Ralph has also put together a home care kit that includes a small foam roller, balance disc, and bands that we are offering at our cost of \$30.00 and at this time we are offering no contact drop off service for the kit.

We are currently back to seeing routine and maintenance patients. Please feel free to call 770.565.8151 if you have any questions about this exercise, our schedule, or our home care kit.