

Bent Knee Hip Raises



Step 1: Lay down with your back flat on the floor. Place your arms on the ground next to your sides.

Step 2: Bend your knees, so they have a 75-degree angle in them. Now lift your feet off of the ground by about 2 inches.

Step 3: Keep the 75-degree angle in your legs, exhale and use your lower abs to pull your knees in towards you. Keep moving your legs and roll your pelvis backward until your hips are off of the floor and your knees are over your chest. Squeeze your core and hold this position for one to two seconds.

Step 4: Inhale and use a slow and controlled movement to return your feet to the starting position (remember they should not come any closer than 2 inches to the floor).

Congratulations you have now completed one repetition. Complete 3 sets of 10.

Expanding Hours!

We are now **Open every other Saturday** from 9:00am-Noon.

Open September 4 & 18, October 2, 16 & 30

In keeping with our COVID-19 safety practices, we will be seeing patients **by appointment only**, as we do during the week.

Please call for appointment availability and follow us on Facebook for the latest hours and updates!

We look forward to serving you and your families during our expanded hours.

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.

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 or our schedule.