



Childs Pose

Helps to relieve pressure on the facet joints.

Begin by positioning yourself on your hands and knees with your knees slightly wider than your hips. Turn your toes inwards to touch and push your hips backwards while bending your knees.

Once you're in a comfortable position, straighten your arms forward and allow your head to fall forwards into a relaxed position.

Hold this position for 20 to 30 seconds. Slowly return to the starting position. Aim for 3 repetitions.

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.

Please feel free to call 770.565.8151 if you have any questions about this exercise or our home care kit.