

# Dead Bug

- To do the classic dead bug exercise start on your back. Bend your knees and lift your legs into the air with your knees bent at 90-degree angles. Put your arms straight into the air with your wrist above your shoulders. This is your starting position.
- While you're here think about drawing your shoulders to your hips to create internal trunk tension.
- Keep your arms and legs engaged and inhale as you lower opposite arm and leg toward the floor.
- Take four slow counts to lower and go as low as you can. If your lower back arches you've gone too far.
- Exhale, pressing your low rib cage against the floor, and take four slow counts to return to your starting position.
- Start with 10 reps on one side before switching to the next side.



**WE WILL BE CLOSED JUNE 28TH THROUGH JULY 5TH IN OBSERVANCE OF INDEPENDENCE DAY! NORMAL HOURS WILL RESUME ON TUESDAY, JULY 6TH.**

## Expanding Hours!

Beginning April 03, 2021, we will be Open every other Saturday from 9:00am-Noon.

**Open June 26, July 10 & 24, August 7&21, September 4&18**

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.**