

Glutes - work on one glute at a time



1. Sit on the roller and cross your right leg over your left knee. Lean toward the right hip and put your weight on your hands for support.
2. Slowly roll from underneath the glute to the back of your hip bone, then roll back to the starting position. Continue to roll back and forth for at least 30 seconds.
3. Switch to the other side and repeat.

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.