

Grasshopper Push Ups

Step 1: Get down on all fours, placing your hands slightly wider than your shoulders.

Straighten your arms and legs while squeezing your gluts to stabilize the body. Your body should form a straight line from your heels to shoulders.

You are now in the starting position.

Step 2: Bend your left knee and slide your leg under your body. Keep your leg under you and inhale and bend at your elbows lowering your body until your chest is almost touching the floor. However, do not let your left leg touch the floor.

Step 3: Exhale and press your body back up to the raised position (your arms should be straight). Return your left leg to the starting position.

Repeat steps 2 and 3 using your right leg this time to complete one repetition.



Expanding Hours!

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

Open July 24, August 7 & 21, September 4

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.