

High Planks

The plank activates the core muscles including:

- Transversus abdominis
- Rectus abdominus
- Internal oblique
- External oblique muscles

STARTING POSITION:

Get on all fours. Place your hands shoulder-width apart directly under your shoulders. Keep your elbows slightly bent.

HOW TO DO THE EXERCISE:

Extend your legs and rest the balls of your feet against the floor. Engage your core and make sure that your body forms a straight line from your head to your feet. Tuck your pelvis under and make sure your back is flat. Don't let your lower back sag or lift. In the upper back, pull your shoulder blades in and down. Hold this position for 10-15 seconds, repeat 8-10 times.

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.

Every Drop Counts!!!

In these unprecedented times, our community needs to stand together!

Hospitals are experiencing blood shortages like never before. The Red Cross is now offering **COVID-19 Anti-body** testing for every donation!



Check out our **Virtual Blood Drive** at <https://sleevesup.redcrossblood.org/campaign/highland-family-chiropractic/> to find out how you can pledge to donate today!

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.