

# Hip Extension



Start on hands and knees (shoulders directly over hands, hips over knees) and engage lower abdominals.

Lift one leg with knee bent at 90 degrees, bottom of the foot facing up toward the ceiling.

Lift the leg up towards the ceiling while squeezing glutes, being mindful not to arch the lower back.

Repeat with other leg.

**Do 3 sets of 15 reps.**

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.**