

Marching Glute Bridge



- Lie faceup on your mat with your knees bent and feet flat on the floor.
- Lift your hips off the mat into a bridge.
- Keeping your right knee bent, lift your right foot off the floor. Try to keep your hips still.
- Hold for five seconds. Slowly lower your right foot to the ground but keep your hips lifted.
- Lift your left foot off the ground to repeat on the other side.
- Congratulations you have now completed one repetition.

Expanding Hours!

We are now **Open every other Saturday** from 9:00am-Noon.

Open October 2, 16 & 30, November 13 & 20, December 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.