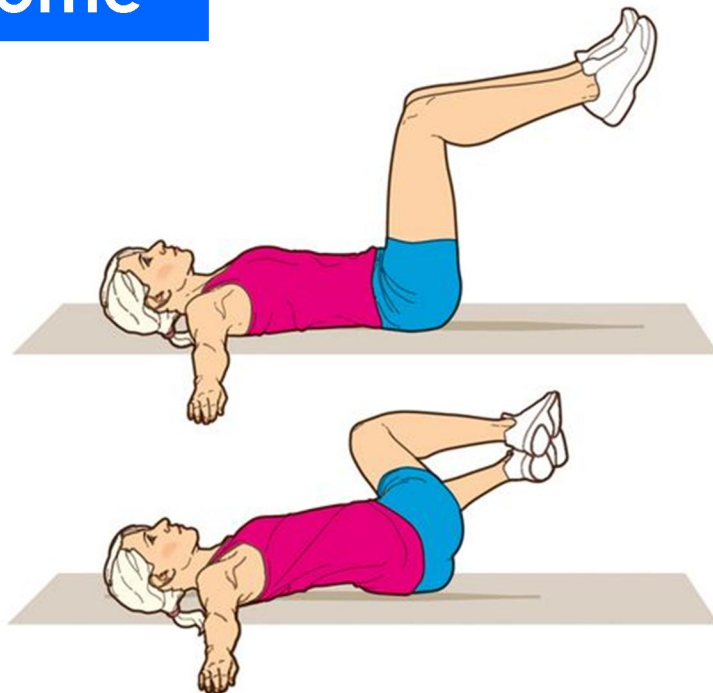


Metronome



Lie on your back, knees bent and raised, ankles parallel to the ground, feet lifted and arms extended to your sides.

Rotate your legs to the left, bringing your knees as close to the floor as possible without touching it.

Return to the center, then move your knees to the right side.

Do 10-12 reps per side.

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.