

One-leg kickbacks



Start on your hands and knees, with your knees under your hips and your hands under your shoulders.

Keeping your right leg bent at 90 degrees, raise it behind you as high as you can, squeezing your buttocks. Lower to the starting position.

Repeat 8 to 10 times with each leg, 3 sets.

Tips:

- keep your neck long and shoulders back
- don't arch your back as you raise your leg
- for more of a challenge, perform the raise with a straight leg

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.