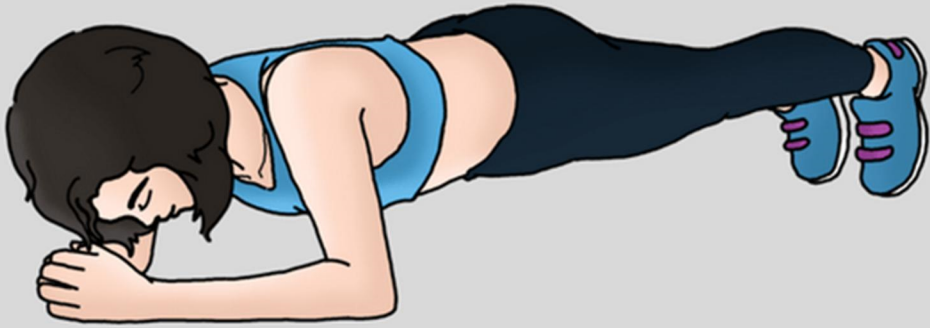


Plank



Plank

This exercise helps to strengthen the core and butt muscles which will help improve your posture and alignment.

Begin lying on your stomach with your forearms against the mat. Engage your core and lift your body so that you are resting on your forearms and toes. Hold the plank position for 10 -15 seconds. Aim for 5 -10 repetitions of this exercise, do 2-3 sets. When you're ready, increase the intensity by increasing the time you hold the plank up to 20 second increments or switching from forearms to hands in a push up position.

** Ensure to keep your back straight throughout the entire exercise.

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.