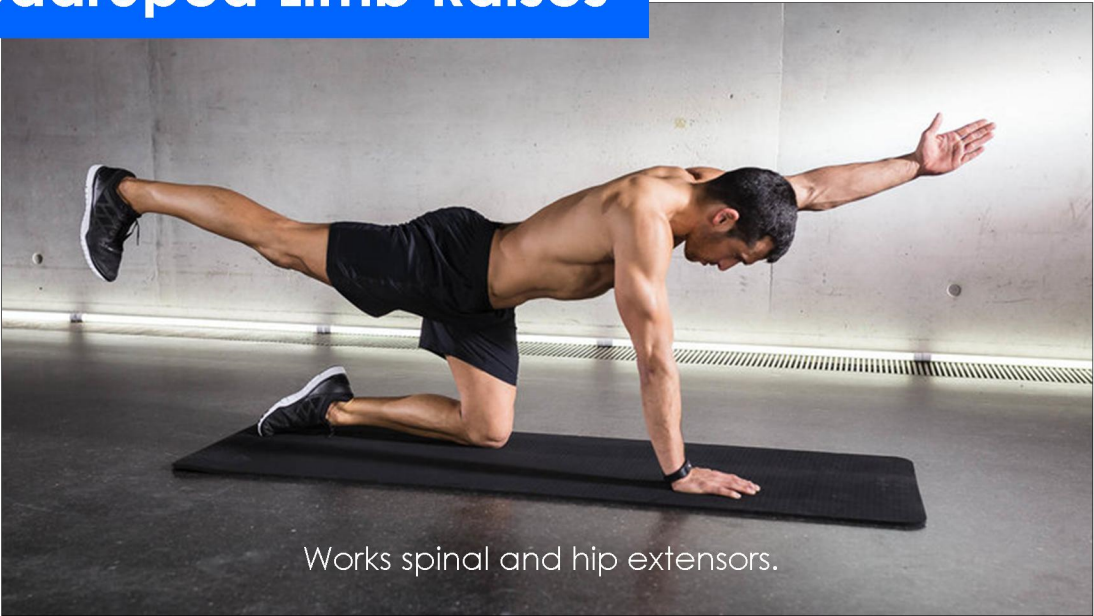


Quadruped Limb Raises



Works spinal and hip extensors.

STARTING POSITION:

Get on all fours. Place your hands shoulder-width apart directly under your shoulders. Bend your elbows slightly and place your knees directly under your hips. Your body should be parallel to the floor. Make sure that your body forms a straight line from your head to your buttocks. In the thoracic region, pull your shoulder blades in and down.

HOW TO DO THE EXERCISE:

Extend your right arm forward and your left leg backward while keeping your back straight. Hold this position for three to ten seconds and then lower back to start. Repeat on the other side. Do 2-3 sets of 8-10 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.