

Raised Knee-In



Lie face up, arms along sides, palms down and just under lower back and butt. Press the small of your back against the floor and extend legs, keeping heels about 3 inches above the floor.

Keeping your low back against the floor, lift left knee toward chest. Your right leg should remain hovering above the floor.

Hold, then straighten left leg to return to the starting position.

Repeat with right leg.

Do 3 sets of 10.

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.