

Scalene Stretch

The scalene stretch stretches the neck muscles that attach to your ribs.

- Sit in an upright position with your hands clasped behind your back.
- Lower your left shoulder and bend your head to the right.
- Hold for 15-30 seconds and then release to your starting position.
- Repeat this stretch on both sides 3 times.



Scalene stretch

Expanding Hours!

Beginning April 03, 2021, we will be **Open every other Saturday** from 9:00am-Noon.

Open May 15, & 29. June 12 & 26, and July 10 & 24

In keeping with our COVID-19 safety practices, we will be seeing patients by appointment only, as we do during the week.

Please call for appointment availability and follow us on Facebook for the latest hours and updates!

We look forward to serving you and your families during our expanded hours.

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.

Every Drop Counts!!!

In these unprecedented times, our community needs to stand together! Hospitals are experiencing blood shortages like never before. The Red Cross is now offering **COVID-19 Anti-body** testing for every donation!



Check out our **Virtual Blood Drive** at <https://sleevesup.redcrossblood.org/campaign/highland-family-chiropractic/> to find out how you can pledge to donate today!

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 or our schedule.