

# Side Plank



Lie on your side with lower arm bent at the elbow. Place lower elbow under shoulder and place upper hand on hip. Align ankles, hips, shoulders, and head.

Push your body toward the ceiling, balancing on the edge of your bottom shoe with one foot stacked on top of the other.

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.**