

Single-leg Dead Lift

Challenge your balance — and therefore your core — in a new way.



Expanding Hours!

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

Open April 17, May 1, 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.

1. Stand with your feet shoulder-width apart and your arms down at your sides.
2. Inhale. As you exhale, begin to bend at the waist, taking your left leg straight behind you and your arms straight in front of you.
3. Take care that your hips don't open up, keeping them square to the floor. Keep a slight bend in your right knee.

4. Take your leg back as far as you can comfortably — the goal being that your body will form a straight line from fingers to toes — then return to start. Repeat on the other leg.

If you are unsure of your balance use a chair as pictured.

To add difficulty hold dumbbells.

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.