

# Skater Hops



- Starting at the left of your space, squat slightly then jump to the right as far as you can.
- Land on your right foot and try not to touch your left foot down.
- Jump back across to land on your left foot.
- Start by doing this in 30 second bursts.

## **Expanding Hours!**

We are now **Open every other Saturday** from 9:00am-Noon.

**Open November 13 , December 4 & 18**

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.

**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.**