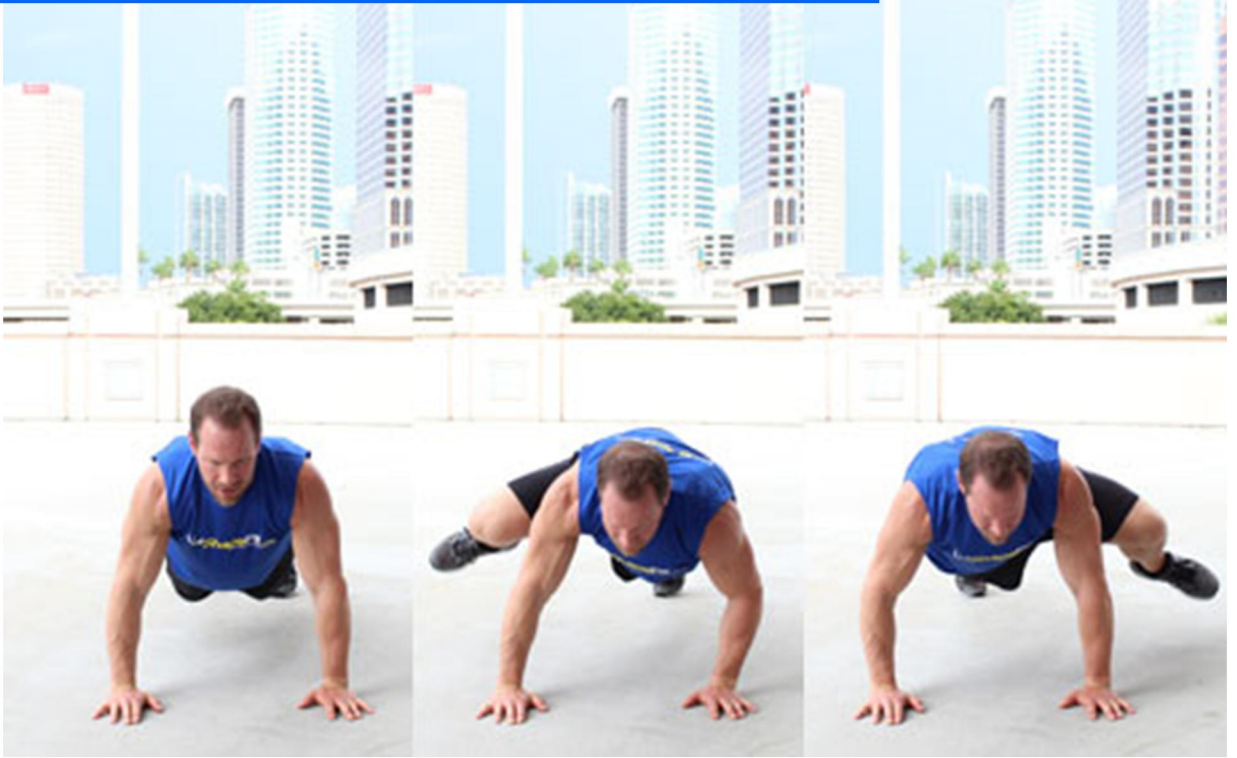


Spiderman Mountain Climbers



- Start in a high plank.
- Drive your right knee out and up toward your right tricep. As you do, turn your head to watch your knee meet your arm.
- Alternate sides as fast as you can while still maintaining a sturdy plank and keeping your torso in place.
- Start by doing this in 30 second bursts.

Expanding Hours!

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

Open October 30, 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.