

Partial Crunches

Strong abdominal muscles play a significant role in supporting the spine and can also help keep the hips properly aligned. Weak abdominals can result in poor core strength and lack of stability, which can cause lower back pain. Partial crunches help build a strong core.

To perform partial crunches:



- Lie back on the floor and bend the knees, keeping the feet flat and hip-width apart.
- Cross the hands over the chest.
- Breathe in deeply.
- On the breath out, engage the abdominal muscles by pulling in the stomach.
- Gently raise the head and shoulders 2 inches off the ground while keeping the neck in line with the spine.
- Hold for 5 seconds then return to the starting position.
- Repeat the exercise 10 times.
- Perform 3 sets.

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.