

Reverse Crunch



Lie face up with lower back pressed into the floor. Place hands behind head or extend them out alongside your body.

Keeping legs straight or crossing legs at ankles, lift feet up. Pull lower back off the floor as you contract abs. Reach legs toward the ceiling with each contraction.

Do 3 sets of 10 repetitions.

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.