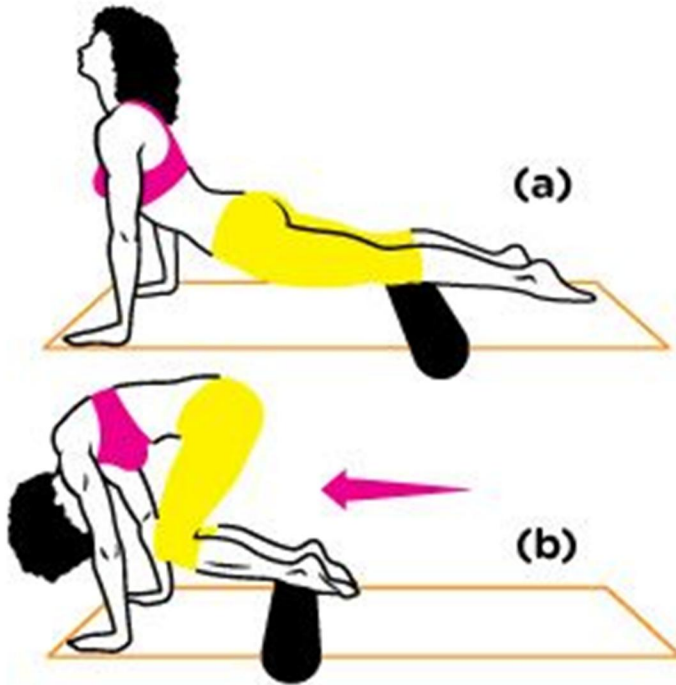


Shell Curl



Position your hands shoulder-width apart on the floor, arms straight, chest lifted, legs extended behind you with a roller just below your knees.

Keeping your back flat and core tight, raise your hips to pull your knees toward your chest. Pause, then slowly return to start.

That's one rep.

Do six to eight.

Tips:

- These can be done on a yoga ball to increase instability.
- For added difficulty when in position (a) move to a plank position and do a push up before moving to position (b).

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.