

## Exercise Prescription: Partial Curl-Up

### Purpose of Exercise:

This is a core stability exercise that minimizes stress on the spine while increasing the endurance of your core muscles. It may be used as an exercise to prevent and even relieve lower back pain.

### Starting Position:

Laying on your back with one leg straight, the other with the knee bent as shown. If you are experiencing pain down one of your legs, bend the affected leg. Hands are placed under the low back, just at the top of the pelvis, helping to maintain a neutral spine position (1).

### Exercise Description:

From the starting position, slowly raise your head and shoulders off the floor without flexing your spine. Make sure to only lift your head/shoulders 1-2 inches off of the ground (2). You should be pivoting at the mid-sternum (yellow dot on picture 2).

Hold this position for 5-10 seconds, remembering to breathe deeply, then lower back to the starting position. For an additional challenge, elbows may be lifted about 1 inch off of the ground during this exercise (3).

Repeat this motion 8-12 times. Take care not to poke your head forward, flexing the neck. Keep it in line with your shoulders. Remember to breathe slowly and deeply during this movement.

### Pictures:



1

2



3