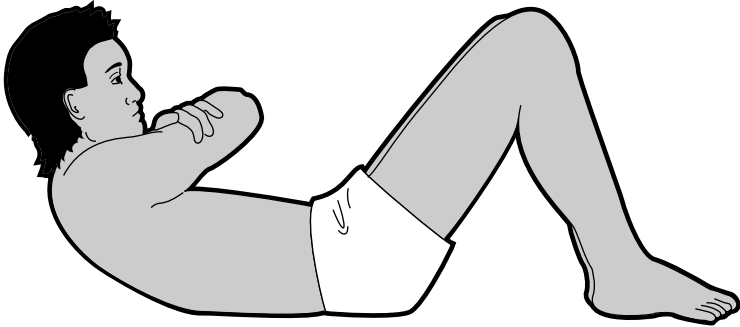


HOME EXERCISE PROGRAM

PARTIAL SIT-UP



Purpose: To strengthen your stomach muscles (abdominals).

Position: Lie on your back with knees bent up and feet flat on the bed/floor. Arms should be across your chest. (Can progress to hands behind your head.)

Action: Slowly tuck chin and gently curl up lifting your shoulders off the bed.

Hold for _____ seconds when partway up (Do not hold your breath).

Return to starting position.

Repeat _____ times, _____ times a day.

_____ PT
Physical Therapy Department