



**Figure 1 Trunk curl-up.**

## **Trunk curl-up**

### **Procedure:**

- \_ Lay on your back with 1 leg straight and the other bent at the knee.**
- \_ Place your hands palm down under the small of your lower back.**
- \_ Tighten your core by bearing down slightly, without holding your breath.**
- \_ Slowly lift your upper back up from a point just below your shoulder blades, but above your hands.**

**Avoid poking your chin, flexing your neck, or rounding your back excessively.**

- \_ Keep your elbows on the floor.**
- \_ Once your trunk is raised hold that position while you keep tightening your abdomen and you breathe normally for 2 breaths.**
- \_ Lower slowly and repeat 12 times.**
- \_ Perform this task once or twice daily.**
- \_ For further training:**

**Once you curl-up lift your elbows off the floor.**

**Add a second set of 8 additional repetitions and a third set of 6 more repetitions (see [Fig. 1](#)).**