

Half Crunch



1. Lie flat on your back, with your surgical leg (the leg that you had surgery on) fully extended.
 - Your other leg can be extended or bent for support.
2. Place your arms across your chest, or put your hands behind your head to support your head.
3. Lift your upper body **slightly off the ground**. Keep your head and neck relaxed.
4. Lower back down to the ground.

Repeat for ___ repetitions and ___ total sets.

Scan the QR code to watch a video demonstration of this exercise.



Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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