Abdominal curls (Ball)

Physical Therapy in Perry Hall , Towson and Lutherville for Lower Back

Sit on a ball and walk your feet forward until you are slightly reclined (as advised by your Physical Therapist at Active Life Physical Therapy.

Contract your abdominals and bring your torso back up to a vertical postion. Hold and then lower back into a reclining position.

Don’t let your legs or the ball move during the exercise.

Breathe throughout the exercise.

Hold and repeat as advised by your Physical Therapist.