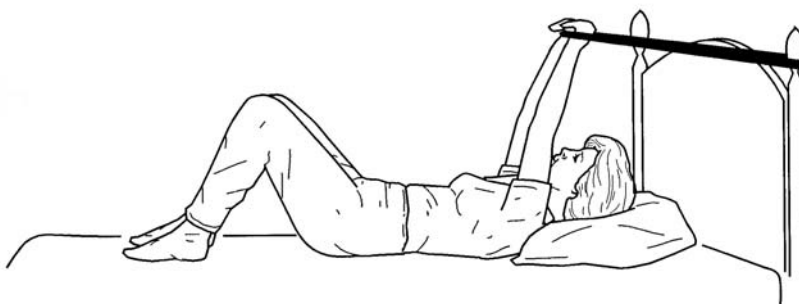


Beginning Dynamic Lumbar Stabilization (DLS) with Theraband

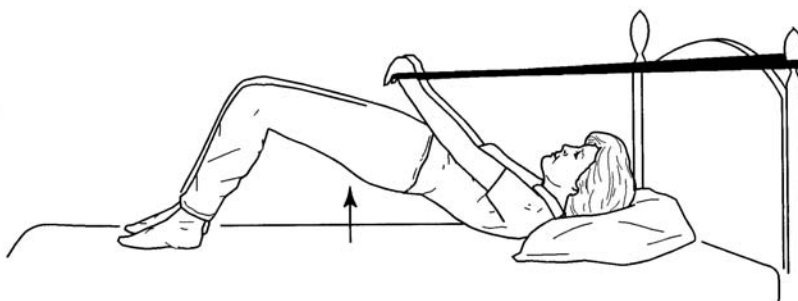
□ Starting Position:

- Tie a theraband to the headboard of the bed.
- Lie on your back with your knees bent and feet flat on the bed.
- Hold onto the piece of theraband with both hands, elbows straight, and arms held straight at chest level.



Exercise:

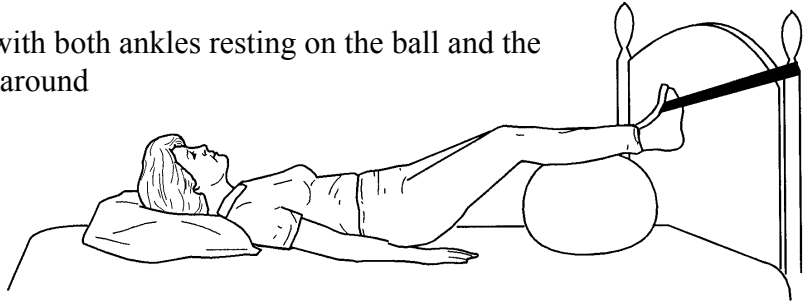
- Slowly lift your buttocks off the bed, keeping your low back in a pain free position.
- Hold your buttocks 3-4 inches off the bed as you pull your arms down towards your side.
- **Do not** allow your back to arch.
- Hold for ____ seconds



Repeat ____ times.

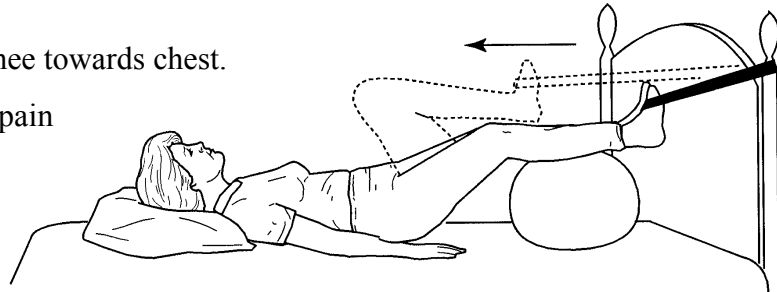
□ **Starting Position:**

- Lie on your back with both ankles resting on the ball and the theraband hooked around your right foot.
- Either hook the theraband to the bed post or have a second person hold the theraband.



Exercise:

- Slowly bring right knee towards chest.
- Keep your back in a pain free position.
- **Do not** arch your back.
- Repeat with the left leg.



Repeat _____ times.

If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.