

Prone Dynamic Lumbar Stabilization (DLS) Exercises

Starting Position for Each Exercise:

- Lie on your stomach with a pillow under your hips and a towel roll under your forehead.
- Be sure to keep your back straight and in a pain-free position for all these exercises.

- Raise your right arm off the mat.

- Repeat with your left arm.
- **Option:** Add ___ lb. cuff weights on wrists.

Repeat ___ times.



- Raise both your arms off the mat, keeping your forehead on the towel.

- **Do not** arch your back.
- **Option:** Add ___ lb. cuff weights on wrists.

Repeat ___ times.



- Raise your right leg 1 inch off the mat.

- Raise your right leg 3 - 6 inches off the mat.
- Lower your leg and repeat with your left leg.
- **Option:** Add ___ lb. cuff weights on ankles.

Repeat ___ times.



- Raise your right arm and left leg 2 - 3 inches off the mat.

- Lower and repeat with opposite arm and leg.
- **Option:** Add ___ lb. cuff weights to wrists / ankles.

Repeat _____ times.



- Lift both legs off the mat 2 - 3 inches.

- **Option:** Add ___ lb. cuff weights to your ankles.

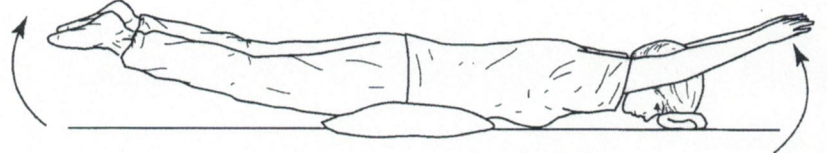
Repeat _____ times.



- Lift both arms and both legs off the mat at the same time.

- **Option:** Add ___ lb. cuff weights to wrists / ankles.

Repeat _____ times.



- Raise both arms off the mat and move them in little circles, while kicking both your legs up and down as if swimming.

- Hold for ___ seconds.
- **Option:** Add ___ lb. cuff weights to wrists.
- **Option:** Add ___ lb. cuff weights to ankles.

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.