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 position that does not cause pain for all of these exercises.

Exercises

- Repeat each exercise 10 times or as directed by your doctor or therapist.
- Hold each position 5 to 10 seconds.
- Be sure you do not hold your breath while you exercise because it may cause your blood pressure to rise. Keep your breathing even and relaxed.

☐ Single arm raise

1. Raise your right arm off the mat. Hold and then lower your arm.
2. Repeat with your left arm.

Option: Add ___ pound cuff weights on wrists.

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Arm raise

1. Raise both your arms off the mat, keeping your forehead on the towel. Do not arch your back.
2. Hold, then lower and repeat.

**Option:** Add ___ pound cuff weights on wrists.

Single leg raise

1. Raise your right leg 3 to 6 inches off the mat and hold.
2. Lower your right leg and repeat with your left leg.

**Option:** Add ___ pound cuff weights on ankles.

Opposite arm and leg raise

1. Raise your right arm and left leg 2 to 3 inches off the mat and hold.
2. Lower and repeat with opposite arm and leg.

**Option:** Add ___ pound cuff weights to wrists and ankles.
- **Leg raise**
  1. Lift both legs off the mat 2 to 3 inches.
  2. Hold, then lower and repeat.
  **Option:** Add ___ pound cuff weights to your ankles.

- **Arms and legs raises**
  1. Lift both arms and legs at the same time 2 to 3 inches off the mat and hold.
  2. Lower and repeat.
  **Option:** Add ___ pound cuff weights to wrists and ankles.

- **Arm circles and kicks**
  1. Lift both arms and legs at the same time 2 to 6 inches off the mat.
  2. Make small circles with your hands and do short kicks up and down with your feet for 15 to 30 seconds.
  3. Lower your arms and legs. Relax and then repeat.
  **Option:** Add ___ pound cuff weights to wrists.  
  Add ___ pound cuff weights to ankles.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.