

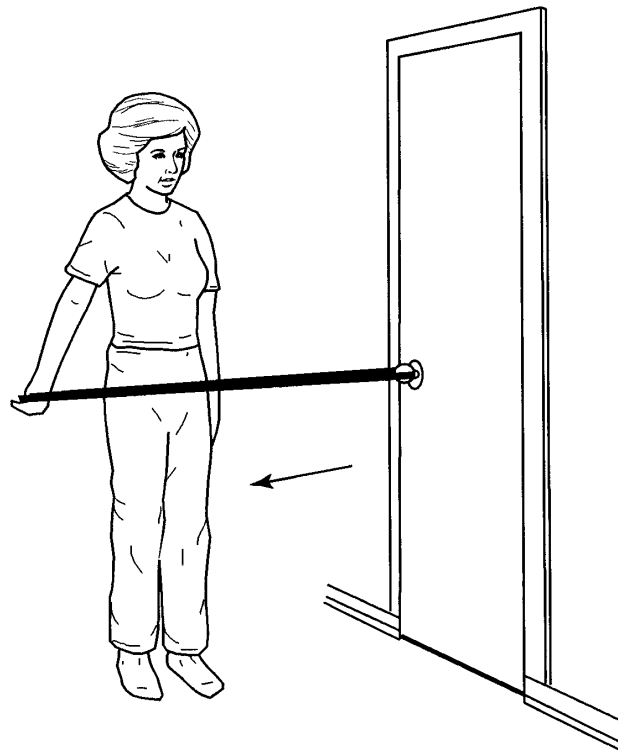
# Trunk Stabilization with Theraband

## □ Starting Position:

- Attach one end of the theraband to a door knob
- Stand with your shoulder facing the door
- Keep your stomach muscles tight

## Activity:

- Pull the theraband towards and across the front of your body, keeping your arm straight
- Do not arch your back
- Repeat the exercise with the other arm



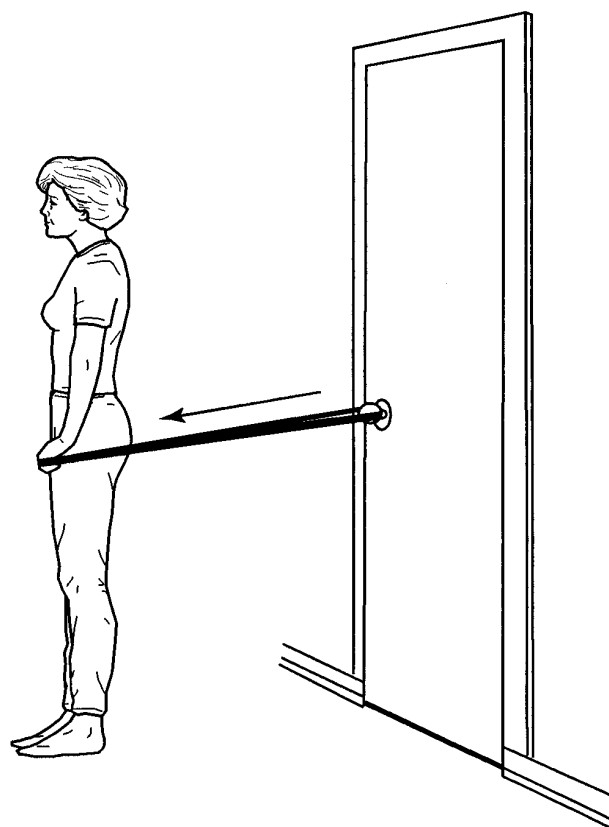
Repeat \_\_\_\_ times

## □ Starting Position:

- Stand with your back to the door
- Keep your stomach muscles tight

## Activity:

- Grasp the theraband in one hand and pull it forward
- Keep your arm straight
- Do not arch your back
- Repeat the exercise with the other arm



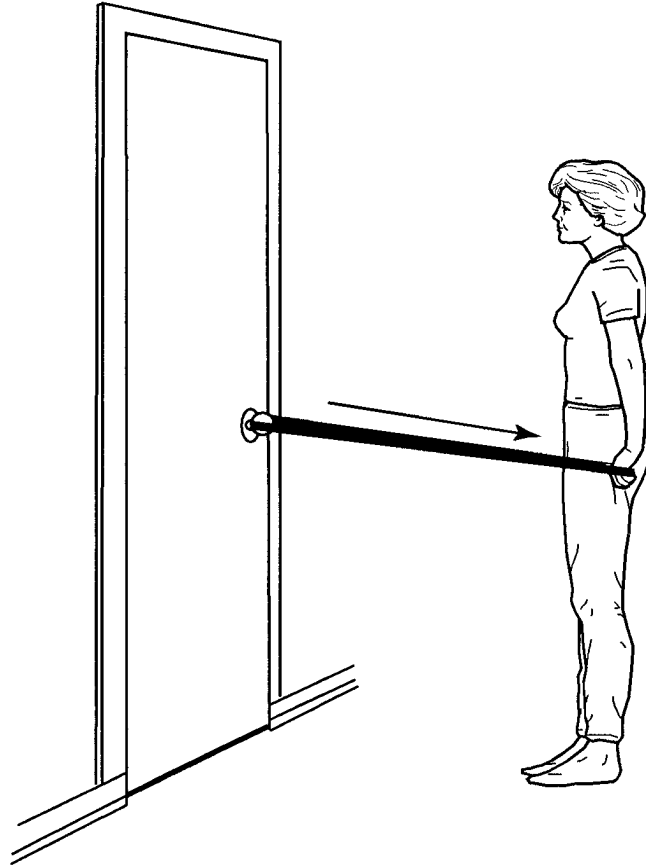
Repeat \_\_\_\_ times

**□ Starting Position:**

- Stand facing the door
- Keep your stomach muscles tight

**Activity:**

- Grasp the theraband in one hand and pull it towards you
- Keep your arm straight
- Do not arch your back
- Repeat the exercise with the other arm



**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](mailto:health-info@osu.edu).**

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