

Replay with Theraband

It is recommended that you wear a tight pair of jeans or other pants that have sturdy belt loops. If the thera-band is long enough you may wrap it around your hips.

1. Tie one end of a thera-band to a doorknob, and the other to the belt loop on your left hip. Stand tall on your right leg keeping your navel and ribs pulled in, chest up and shoulders down. You may hold onto something in front of you.
2. Keeping your shoulders still slowly pull your left hip back then bring it back to the starting position. (The focus is on using the **multifidi**--the tiny muscles along the sides of the spine--for rotation)
3. Slowly bring your left hip forward keeping shoulders still then back to the starting position. Repeat 10 times alternating steps 2 and 3. Repeat with thera-band on the right hip. Do 3 sets on each hip.

1.



2.



3.



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