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**Dynamic  
Neuromuscular  
Stabilization®**

Self-treatment

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This booklet serves as a guide of basic principles of trunk stabilization and individual exercise positions for self-treatment according to Dynamic Neuromuscular Stabilization (DNS). The DNS concept will help you train optimal trunk stabilization and muscle coordination, which is a fundamental aspect in rehabilitation of any musculoskeletal pain and dysfunction. During rehabilitation or any athletic activities, proper trunk stabilization is the first step in prevention of overloading and protection of body during movement activities. Exercising in DNS positions allows for an ideal trunk stabilization with permanent analgesic effect.

Please download this booklet and view a sequence of photographs of DNS self-treatment positions with easy to understand instructions.

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