

Thompson Family Chiropractic

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Typical McKenzie Back Extension Exercises

1. **Prone Lying.** Lie on your stomach with arms along your sides and head turned to one side. Maintain this position for 2 minutes max.



2. **Prone Lying on Elbows.** Lie on your stomach with your weight on your elbows and forearms and your hips touching the floor or mat. Relax your lower back. Remain in this position 2 minutes max. If this causes pain, repeat exercise 1, then try again.



3. **Prone Press-Ups.** Lie on your stomach with palms near your shoulders, as if to do a standard push-up. Slowly push your shoulders up, keeping your hips on the surface and letting your back and stomach sag. Slowly lower your shoulders. Repeat 10 times.



4. **Progressive Extension with Pillows.** Lie on your stomach and place a pillow under your chest. After several minutes, add a second pillow. If this does not hurt, add a third pillow after a few more minutes. Stay in this position up to 10 minutes. Remove pillows one at a time over several minutes.



5. **Standing Extension.** While standing, place your hands in the small of your back and lean backward. Hold for 20 seconds and repeat. Use this exercise after normal activities during the day that place your back in a flexed position: lifting, forward bending, sitting, Etc.

