



Texas Orthopedics, Sports & Rehabilitation Associates

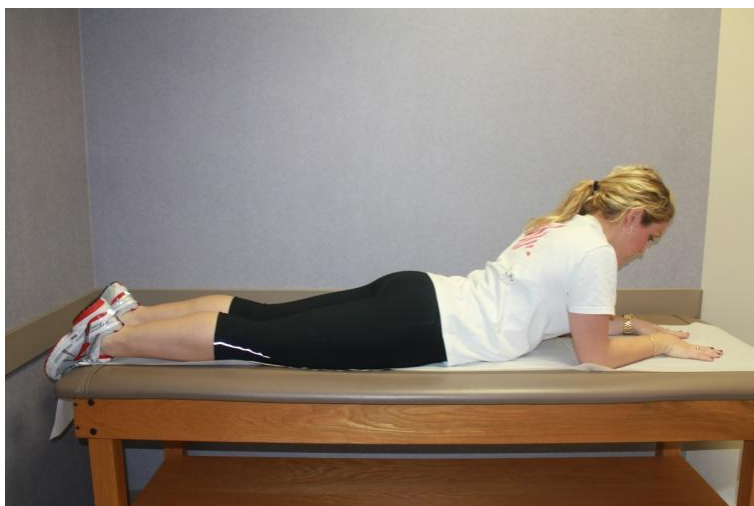
McKenzie Exercises for the Back

Mid-Back ___reps

Lay face down on a bed or a mat, resting your head on your arms.



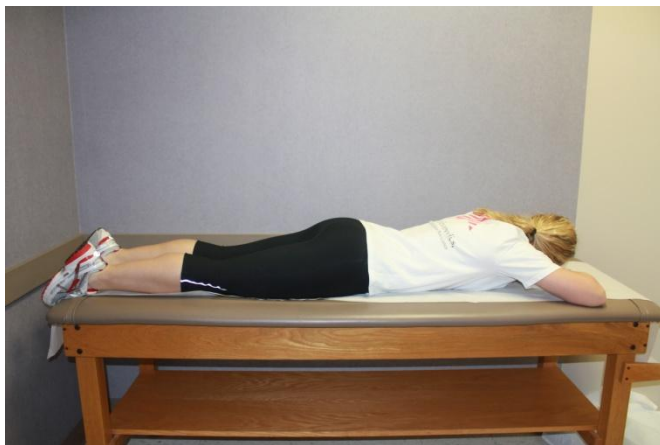
Rise up on your elbows with your hands pressing forward. Stay in this position for several counts or as long as it is comfortable.



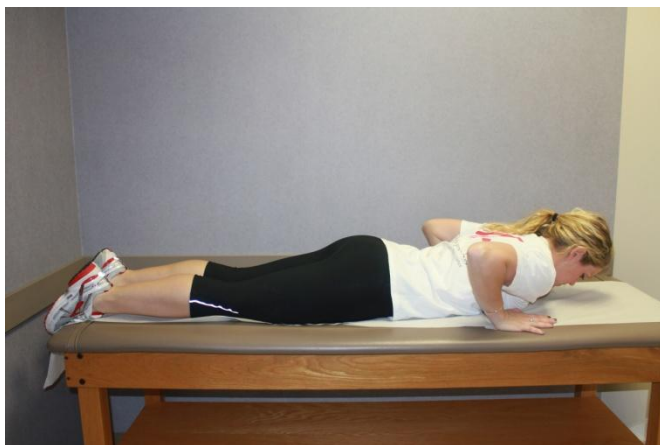
Low Back

Face Down Low Back Extension ___reps

Lay face down on a bed or a mat, resting your head on your arms.



Bring your hands around to the side of your chest and gently push yourself up into an extended position.



Face Up Low Back Extension ___reps

Lay down on a bed or mat and bend your knees.



Allow your back to gently extend so that there is a slight space under your low back.



Then use your abdominal muscles to help press your low back into the bed or mat. Hold for a few counts.

Standing Low Back Extension ___reps

Standing with your legs shoulder width apart, place the palms of your hands just above your buttocks, in the area of your low back.



Gently bend your knees slightly and push your shoulders back while pressing your hands against your low back.

