

McKenzie Extension Exercises

1. Lying Prone

Lay on your stomach, hands by your sides, with your head gently turned to one side. Remain in this position for 10-15 minutes. If this position increases your pain, do not perform it and do not progress. If this position relieves your pain, continue doing this step several times a day, do not progress yet. If this position does not change your pain, progress to the next step.



2. Partial Press Up

Lay on your stomach, propped up on your elbows. Keep your head up in a comfortable position. Remain in this position for 2 breaths (10-15 seconds), repeat 5-10 times. If your pain increases in your leg or back pain does not get better after a few repetitions, do not perform it. If this position relieves your pain, continue doing this step 3-5 times a day, do not progress yet. If this position does not change your pain, progress to the next step.



3. Full Press Up

Lay on your stomach, propped up on your hands with elbows straight. Keep your head up in a comfortable position. Remain in this position for 2 breaths (10-15 seconds), repeat 5-10 times. If your pain increases in your leg or back pain does not get better after a few repetitions, do not perform it. If this position relieves your pain, continue doing this step 3-5 times a day, do not progress yet. If this position does not change your pain, progress to the next step.

