











# McKenzie Method Exercises

The McKenzie Method is an internationally renowned approach for evaluating and treating musculoskeletal issues affecting the spine and extremities. Created by New Zealand physiotherapist Robin McKenzie, it has been practiced globally for more than 60 years.

## 7 McKenzie Method Exercises

This handout provides an overview of key exercises to support recovery, reduce pain, and improve mobility. Use this alongside verbal instructions to guide your clients.

Exercise	How to do it	
1. Lying face down	This exercise involves lying flat on the stomach with the arms positioned by your sides. The goal is to allow the spine to relax and settle into a neutral position. Hold this position for 2-3 minutes.	
2. Lying face down in extension	Starting from the face-down position, the individual props themselves up on their forearms with elbows under the shoulders and keeps the hips on the ground. If pain occurs, the elbows should be shifted farther out to lower the upper body comfortably.	
3. Extension in lying	This exercise should only be attempted after completing the first two, ensuring leg pain has not worsened. The individual lies face down, places hands under the shoulders, and pushes up while keeping the hips on the ground and legs relaxed. Each repetition is held for 1-2 seconds, with 10 repetitions every 2 hours, aiming to push higher each time, and sessions spaced 3-4 times a day.	<div>Step 1 </div> <div>Step 2 </div> <div>Step 3 </div> <div>Step 4 </div>
4. Extension in standing	Standing with feet apart and hands on the lower back, the individual bends the upper body backward at the waist without pain. The position is held for 1-2 seconds, with 10 repetitions performed every 2 hours, increasing the bend each time if possible. A countertop can be used for balance or support if needed.	<div>Step 1 </div> <div>Step 2 </div> <div>Step 3 </div> <div>Step 4 </div>

# **Mckenzie Method Course Manual**

**Juniata College (Huntingdon, Pa.)**



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Positional Release Techniques with on-line videos E-Book Leon Chaitow, 2015-11-12 Positional Release Techniques continues to be the go to resource for those who want to easily learn and confidently use this manual approach to safely manage pain and dysfunction in humans and animals As well as a structural revision the fourth edition now includes new illustrations and chapters with videos and an image bank on a companion website to reinforce knowledge At its core the book explores the principles and modalities of the different forms of positional release techniques and their application which range from the original strain counterstrain method to various applications in physical therapy such as McKenzie s exercise protocols and kinesio taping methods that unload tissues These methods are traced from their historical roots up to their current practice with a showcase of emerging research and evidence In addition to a series of problem solving clinical descriptions supported by photos of assessment and treatment methods learning is further boosted by practical exercises which examine PRT methodology and the mechanics of their use Emphasises safety and usefulness in both acute and chronic settings Comprehensive coverage of all methods of spontaneous release by positioning Easy to follow and extensively illustrated Balanced synopsis of concepts and clinical approach models throughout Revised content structure New chapters including Strain counterstrain research Positional release and fascia Balanced ligamentous tension techniques Visceral positional release the counterstrain model Redrawn and new artwork

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