











# 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>

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**J Dewey**



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## **Table of Contents Mckenzie Method Course Manual**

1. Understanding the eBook Mckenzie Method Course Manual
  - The Rise of Digital Reading Mckenzie Method Course Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Mckenzie Method Course Manual
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Mckenzie Method Course Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Mckenzie Method Course Manual
  - Personalized Recommendations
  - Mckenzie Method Course Manual User Reviews and Ratings
  - Mckenzie Method Course Manual and Bestseller Lists
5. Accessing Mckenzie Method Course Manual Free and Paid eBooks
  - Mckenzie Method Course Manual Public Domain eBooks
  - Mckenzie Method Course Manual eBook Subscription Services
  - Mckenzie Method Course Manual Budget-Friendly Options
6. Navigating Mckenzie Method Course Manual eBook Formats

- ePub, PDF, MOBI, and More
- Mckenzie Method Course Manual Compatibility with Devices
- Mckenzie Method Course Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Mckenzie Method Course Manual
  - Highlighting and Note-Taking Mckenzie Method Course Manual
  - Interactive Elements Mckenzie Method Course Manual
- 8. Staying Engaged with Mckenzie Method Course Manual
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Mckenzie Method Course Manual
- 9. Balancing eBooks and Physical Books Mckenzie Method Course Manual
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Mckenzie Method Course Manual
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Mckenzie Method Course Manual
  - Setting Reading Goals Mckenzie Method Course Manual
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Mckenzie Method Course Manual
  - Fact-Checking eBook Content of Mckenzie Method Course Manual
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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