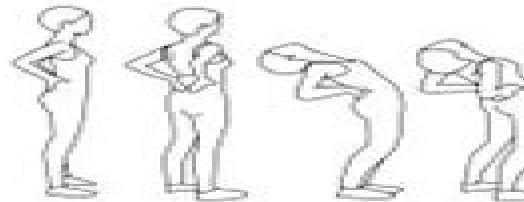
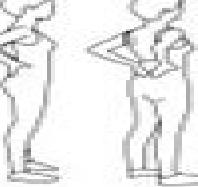


# McKenzie Method Exercises

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	<p>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.</p> 
2. Lying face down in extension	<p>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.</p> 
3. Extension in lying	<p>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.</p>  <b>Step 1</b>  <b>Step 2</b>  <b>Step 3</b>  <b>Step 4</b> 
4. Extension in standing	<p>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.</p>  <b>Step 1</b>  <b>Step 2</b> 

# Mckenzie Method Course Manual

**Leon Chaitow**

## **Mckenzie Method Course Manual:**

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