











# 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**

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## **Mckenzie Method Course Manual:**

## Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Mckenzie Method Course Manual**

In some sort of inundated with screens and the cacophony of quick connection, the profound power and emotional resonance of verbal artistry often diminish in to obscurity, eclipsed by the regular barrage of noise and distractions. Yet, set within the musical pages of **Mckenzie Method Course Manual**, a charming work of fictional brilliance that impulses with raw feelings, lies an unique journey waiting to be embarked upon. Composed by a virtuoso wordsmith, that interesting opus courses visitors on a psychological odyssey, delicately revealing the latent potential and profound affect embedded within the elaborate web of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is central styles, dissect its charming publishing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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