











# 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

**JL Elias**



## **Mckenzie Method Course Manual:**

## Whispering the Secrets of Language: An Emotional Journey through **Mckenzie Method Course Manual**

In a digitally-driven earth wherever displays reign supreme and quick transmission drowns out the subtleties of language, the profound strategies and emotional subtleties concealed within phrases usually get unheard. Yet, located within the pages of **Mckenzie Method Course Manual** a interesting literary prize sporting with raw feelings, lies an extraordinary journey waiting to be undertaken. Published by an experienced wordsmith, that charming opus encourages viewers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within ab muscles material of each word. Within the psychological depths of the poignant review, we can embark upon a honest exploration of the book is key themes, dissect their captivating publishing fashion, and succumb to the powerful resonance it evokes strong within the recesses of readers hearts.

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