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McKenzie Exercises for Back Pain

Try these twice to thrice daily for your back pain.

McKenzie Exercises: Mike Jones describes them here at <http://youtu.be/wBOp-ugJbTQ>

Start with Lay **FLAT** for 30 seconds

Next hold the **elbow** (bottom position) for 60 seconds

Next lay **FLAT** for 30 seconds

Next hold the **elbow** (middle position) for 60 seconds

Next lay **FLAT** for 30 seconds

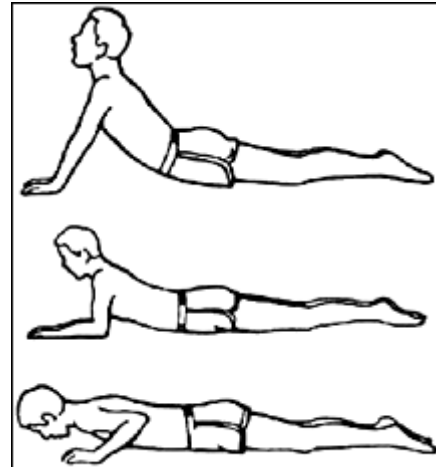
Next Push-up position (top picture) for 60 seconds

Next lay **FLAT** for 30 seconds

Next Push-up position (top picture) for 60 seconds

Next lay **FLAT** for 30 seconds

Repeat 2 more times.



McKenzie extension exercise.

Do this exercise if you are unable to lie on floor and your back is sore.

For 30 seconds hold this position →

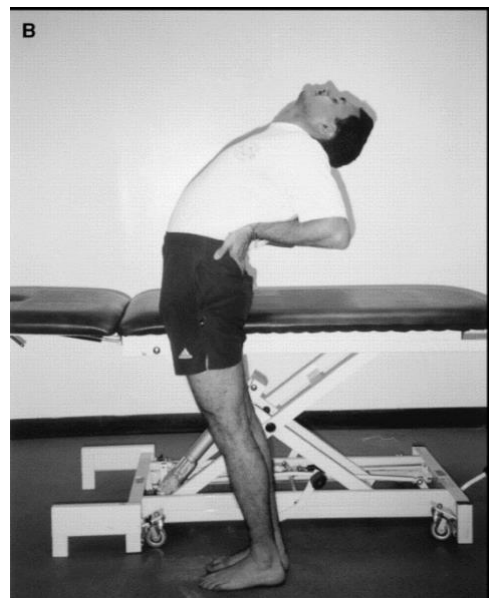
Return to standing up straight (good posture)

Return to this position →

Hold for 30 seconds.

Return to standing up straight (good posture)

Repeat as often as needed.



Phone: (469) 430-9380

Fax: (469) 242-9539