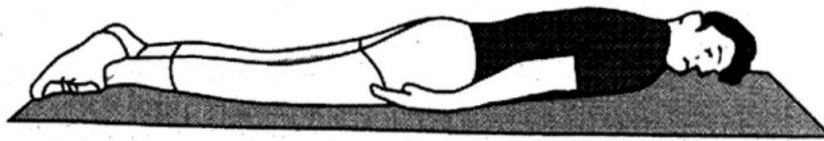

McKenzie exercises

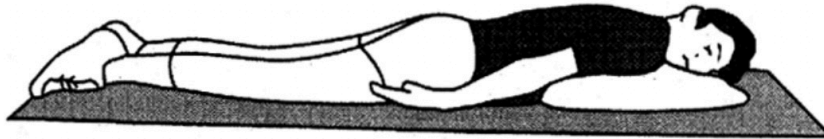
For lumbar discs

The following exercises are to be performed in accordance with the comfort of the patient. Perform only one exercise on any one particular day. Progress to the next exercise only when the pain from the previous one decreases. For patients with sciatic-type conditions, IF SYMPTOMS INTENSIFY IN EITHER OR BOTH LEGS (increased pain, numbness, or tingling) DISCONTINUE THAT EXERCISE UNTIL YOU SPEAK WITH YOUR PHYSICAL THERAPIST OR YOUR PRIMARY CARE PROVIDER. If symptoms diminish in the legs, continue as instructed, even if this is accompanied by a temporary increase in lower back pain.

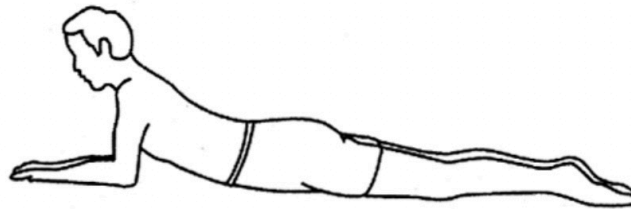
1. **Lying on the stomach:** Lie on your stomach with your arms close to your body and your head turned to one side or supported by a towel roll or small pillow under your forehead. Take a deep breath, then relax for 5 minutes. Perform 1–2 times per day.



2. **Pillow under the chest:** Lie on your stomach with your arms close to your body and your head turned to one side. While in this position a pillow should be placed directly under the chest. Take a deep breath, then relax for 5 minutes. Perform 1–2 times per day.



3. **Prone on elbows:** While lying on your stomach, place your elbows under your shoulders so that you are resting on your forearms. Take a deep breath, then relax for 30 seconds. Perform 10 repetitions, 1–2 times per day.



4. **Press-ups:** While lying on your stomach, place your hand under the shoulders and slowly straighten your elbows. Keep the lower part of the body relaxed while raising the back upwards as far as possible. Then relax and return to the starting position. Only raise the back as far as the pain will allow. Perform 10 repetitions, 1–2 times per day.
5. **Back bending:** While standing, place your hands on your low back. Slowly bend backwards as far as possible, then relax and return to the starting position. Perform 10 repetitions, 1–2 times per day.

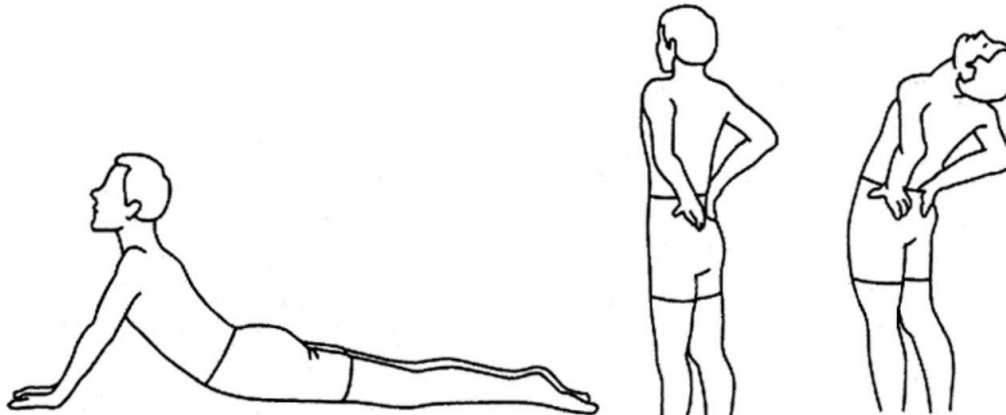




Figure 5 "Locked" back.

If your back is locked so that you are leaning to one side then your health care provider may prescribe for you a "mirror image" exercise to straighten your back (see Fig. 5). This is called a pelvic side shift (see Fig. 6). To perform it lean with your upper body against a wall with your hip that is sticking out away from the wall. Walk your feet out about 2 ft from the wall and place your feet together. Then glide your waist into the wall. Perform this 8–10 times slowly. This should be done a few times a day.

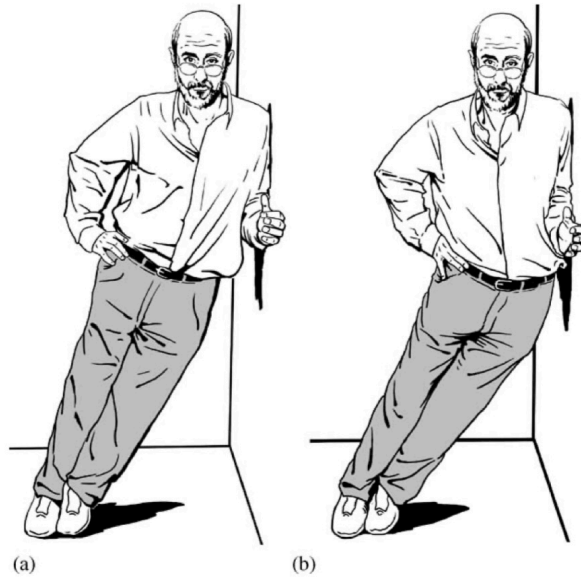


Figure 6 Pelvic side shift: (a) start position (b) end position.



**Spine & Sports Physiotherapy &
Massage Clinic**

201-4710 31st Street
Vernon, BC | V1T 5J9
Phone 250-545-6030

www.spineandsportsvernon.com

