



MCKENZIE BACK EXTENSION PROTOCOL (Robin McKenzie. “Treat Your Own Back”)

1)**Prone lying:** Patient is in a prone position with arms along their sides and head turned to one side. This position is maintained for 5 minutes.

2)**Prone lying on elbows:** Patient is in a prone position with weight on their elbows and forearms and their hips contacting the floor or the mat. The back is relaxed to allow contact with the floor or the mat. This position is maintained for 5 minutes. If there is too much pain, then this position is stopped and the patient retreats to exercise number one.

3)**Prone press ups:** Patient is in a prone position with weight on their palms which are close to the shoulders. The patient slowly pushes the shoulders up, keeping the hips on the surface and the back and abdomen relaxed. The maximal height is maintained for 5 seconds and repeated up to 10 times per day.

4)**Progressive extension with pillows:** The patient is prone and a pillow is placed under the chest for about 3 minutes. A second pillow is placed after 3 minutes. If there is no significant pain, then a third pillow is added after 3 minutes, and this position is held for another 3 minutes.

5)**Standing extension:** With the patient standing with their hands on the small of the back, the patient leans backward and holds this position for 20 seconds. This is repeated up to 10 times per day.

REFERENCES:

Adams, *et al. Spine* 25(4): 431-7, 2000

Nachemson, AL *Acta Orthop Scand* 33:183-207, 1963

Ponte, *et al. J Orthop Sports Phys Ther* 6: 130-9, 1984