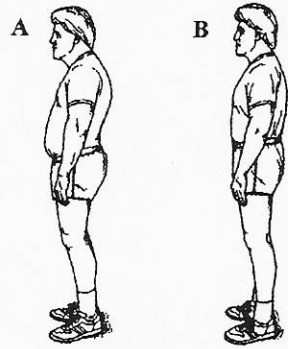
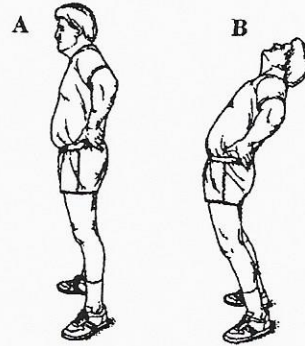


# McKenzie Exercise Program

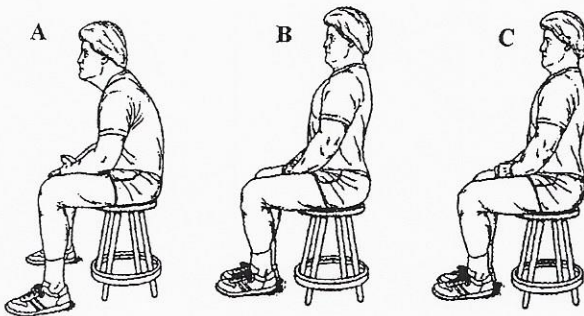
Name \_\_\_\_\_ No. \_\_\_\_\_



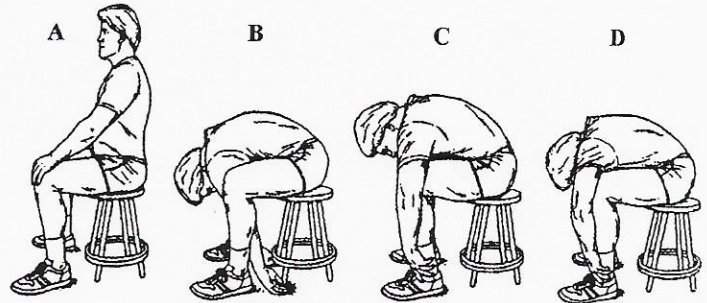
1. Correct Posture



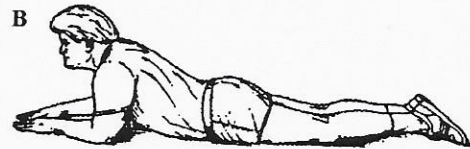
2. Extension



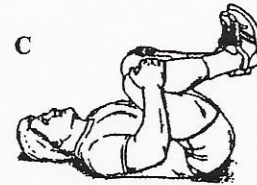
3. Seated Extension



4. Seated Flexion



5. Prone Extension

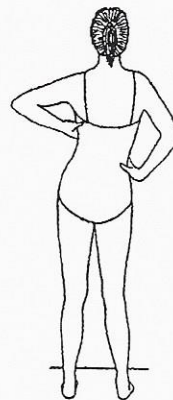


6. Supine Flexion

## INSTRUCTIONS

- Perform only those exercises prescribed by your doctor or therapist.
- Pain moving down the arms or legs is an indication to stop an exercise immediately.
- Pain moving inward from the arms or legs toward the spine is a positive response.

## PERFORM THE FOLLOWING EXERCISES



7. Standing Side Gliding



8. Supine Side Gliding

