

# McKenzie Exercises For Back Rehabilitation

## The Curl Up



Different to picture.

Lie on your back with 1 leg bent

Place your hands underneath your lower back to prevent your spine from flattening

Lift head and shoulders off the floor towards the ceiling

Move the head and neck as a rigid block, DO NOT curve the neck

Hold for 10 seconds

Repeat 4 times alternating which leg is bent

## The Side Plank



Lie on your side with your knees bent to 90 degrees with your feet back

The forearm of your lower arm should be on the floor with your elbow underneath our shoulder

Lift hips off the floor creating a straight line from your head to your knees

Hold for 10 seconds

Repeat 4 times alternating the side you are lying on

## The Bird/Dog Exercise (Superman)



Start on all fours

Extend your left arm forward and your right leg back until they are both parallel to the floor

Hold your gaze a couple of feet in front of you so that your head is neither up nor dropped down

Hold for 10 seconds

Repeat 4 times alternating arms and legs