

McKenzie's Exercises

Patient: _____

THESE ARE THE TWO BASIC EXERCISES THAT YOU MUST DO TO REDUCE THE CHANCE OF INJURING YOUR BACK.

REGULARLY EXTEND DURING THE DAY

Doing regular extension exercises during the day will reduce the pressure on your discs.

Do 3-4 repetitions of these every 3- 4 hours while doing activities involving bending, lifting or prolonged sitting. You can add in some gentle side bending as well.



UNLOADING THE DISCS

These exercises should be performed daily if you are doing regular lifting, bending or prolonged sitting.

Do 10 of these exercises relaxing the back and hips and arching up gently. This should be done until resistance is felt.

Do not attempt these exercises if they cause pain.

EXERCISES TO PREVENT BACK INJURIES IN THE WORK PLACE.

What are McKenzie's exercises?

McKenzie's exercises are a series of back exercises designed to unload pressure on the discs in the low back, which is generally caused by excessive bending, sitting or lifting during the day.

How does it help your back?

The discs in the back are like shock absorbers. When we sit, bend and lift all the pressure on the disc is directed backwards. If we continually do this all day, we can cause damage to the disc and back pain.

What are McKenzie's exercises?

McKenzie's exercises are specifically designed to reduce the loading on your backs shock absorbers. (The discs)

By doing the shown exercises you can reduce the load on your disc and reduce the chance of injury or back pain.

Why should we do them?

Most of the loading on your back during the day is in a flexed position.

Repetitive and sustained bending and flexing of the spine can result in a greater chance of back injury by placing excessive strain on the back of the disc causing damage.

How do I know if I am putting too much pressure on my discs?

Example 1. Have you ever been bending over for a long period of time or sat down in a chair for too long and had difficulty straightening.

Example 2. Have you ever bent over, lifted something, and felt strain on your back?

Example 3. Have you ever been sitting for a long period of time and felt as if you need to straighten up?

All these are examples of warning signs that you may be overloading your disc.