

Mckenzie Method Exercises

This template is designed for clinicians implementing the McKenzie Method to manage and relieve back and extremity pain through specific exercises aimed at pain centralization and the restoration of function.

General instructions

- Objective: To reduce or centralize pain, improve spinal mobility, and restore function.
- Frequency: Define based on individual patient needs.
- Number of sets: Typically 3-5 sets.
- Repetitions per set: Varies based on exercise and patient tolerance.
- Safety tips: Ensure movements are smooth and controlled; avoid abrupt or jerky motions. Always assess pain response and adjust accordingly.

Exercises included

Press-ups for sciatic pain relief

- Starting position: Lie face down on a firm surface with hands placed under shoulders.
- Action: Gradually press the upper body up by extending the arms while keeping the lower body relaxed.
- Hold and assess: Pause at the top of the movement to assess pain response.
- Return to start: Slowly lower back to the starting position.
- Adjustments if needed: Modify range of motion based on pain response; increase if pain decreases, decrease if pain increases.

Prone lying

- Description: Reduces pain by unloading pressure on the lower back.
- Steps: Lie face down, arms along the sides, head turned to one side. Relax completely.
- Duration: Hold for 2-3 minutes; repeat up to eight times a day.

Extension in lying (prone press-ups)

- Description: Helps restore the natural lumbar curve and centralize pain.
- Steps: Start face down, hands under shoulders. Press up, extending elbows while keeping hips grounded.

Standing back extension

- Description: Convenient for alleviating lower back pain without lying down.
- Steps: Stand upright, hands on lower back. Bend backward, hold, and return.

Flexion exercises (lying, sitting, and standing)

- Description: Aids in restoring forward bending motion and relieving pain.
- Steps: Perform bending movements in lying, sitting, or standing positions, focusing on controlled, gentle motions.

Documentation

Date:

Observations:

Progress tracking:

Additional notes

References

Cronkleton, E. (2020, November 4). *McKenzie exercises for back pain*. Healthline. <https://www.healthline.com/health/mckenzie-exercises#takeaway>

SpineOne. (2017, November 7). *Relief from lower back pain using the McKenzie Method*. <https://spineone.com/mckenzie-method-back-pain/>

Ullrich, N. (2024, February 13). *7 Mckenzie Method exercises for back pain and sciatica | spine-health*. Spine Health. <https://www.spine-health.com/wellness/exercise/7-mckenzie-method-exercises-back-pain-and-sciatica>