



# McKenzie Exercises – Lumbar Extension Bias



## Prone on Elbows Stretch

**Lumbar Thoracic**

**Weight:** N/A | **Sets:** 3 | **Reps:** 10 | **Hold:** 5 sec.

**Patient Specific Exercise Directions:**

Lay faced down with elbows bent to have arms form at 90 degrees.

Raise your chest upwards. Leverage the weight of your body on your arms and shoulders.

Hold for prescribed time

**Frequency:**

\_\_\_ / Day

\_\_\_ / Week

Sets: \_\_\_

Reps: \_\_\_

Weight: \_\_\_

Time: \_\_\_



## Prone Press Ups

**Lumbar Thoracic**

**Weight:** N/A | **Sets:** 3 | **Reps:** 10 | **Hold:** N/A

**Patient Specific Exercise Directions:**

Lie face down.

Slowly press up and arch your back using your arm. Fully extend your elbows. Then return to the starting position.

Repeat for the desired number of reps.

**Frequency:**

\_\_\_ / Day

\_\_\_ / Week

Sets: \_\_\_

Reps: \_\_\_

Weight: \_\_\_

Time: \_\_\_



## Prone Hip Extension

**Hip and Knee**

**Weight:** N/A | **Sets:** 3 | **Reps:** 10 | **Hold:** N/A

**Patient Specific Exercise Directions:**

Lay face down on a mat or table with your legs fully extended. Place your arms bent and lying overhead as shown. Your feet should be pointed toward the floor and near each other (not touching and slightly less than shoulder width apart).

While in this position, slowly raise your leg off the ground as far as you can while maintaining a straight knee. Hold at the top for the specified period of time. Slowly return your leg to the starting position.

Repeat for the desired number of reps.

**Frequency:**

\_\_\_ / Day

\_\_\_ / Week

Sets: \_\_\_

Reps: \_\_\_

Weight: \_\_\_

Time: \_\_\_

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