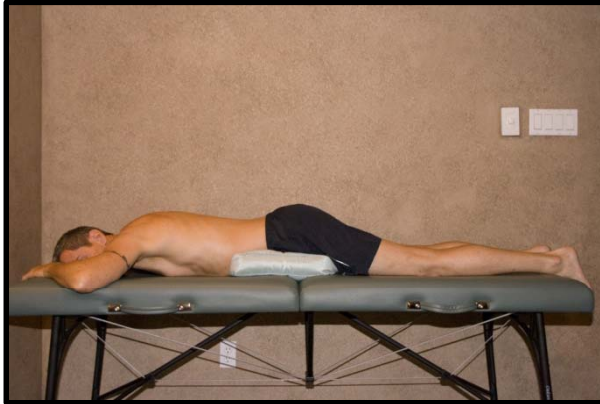


# Back Stretch

## McKenzie Extension Protocol

- This 7 step process is designed to relieve radiating pain in the buttocks and legs. Don't do this if you have any sharp pain



Step 1: Lie on stomach for 5-20 minutes. If lying flat increases radiating symptoms, place a pillow under your hips and under ankles



Step 2: Lie on your stomach and prop up on elbows or use 1-2 pillows. Stay in this position 5-10 minutes. If radiating symptoms increase, return to exercise #1



Step 3: Lie on your stomach, place your hands under your shoulders and press up with your arms leaving your hips down on floor. Raise as high as possible without feeling a “pinch” in the low back.:

- For complete instructions read “Treat your Own Back” by Robin McKenzie