

# Back Stretch

## McKenzie Extension Protocol page 2



Step 4: Lie on your stomach, shift your hips away from the side of radiating symptoms by lifting your hips up and over, leaving shoulders on floor. Stomach lying, prop on elbows and press up can be done with hips shifted.



Step 5: Standing extension. If you are unable to do exercises in lying position. Place hands on hips and band backwards with knees straight as far as possible without feeling a “pinch” in the low back.