

# **MCKENZIE LOW BACK PAIN PROTOCOL**

**For Patients With Sciatica  
Or  
Pain With Forward Bending**



**VERSION 2.21**

# Disclaimer

## Release of Liability



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1



Lay on your stomach with your arms under your shoulders or down at your side. Keep the head just slightly off the floor while looking down. Take a deep breath and relax. Hold this position for 2-3 minutes

Lay on your stomach with your arms at your side with a pillow placed under your chest. Keep the head just slightly off the floor looking down or looking to one side. Take a deep breath and relax. Hold this position for 2-3 minutes.



Laying on your stomach, place your hands under your shoulders. Slowly lift your upper body by straightening your elbows while keeping the lower body relaxed. Hold this upward position for 10-15 seconds, return to the floor, take a breath and repeat

Laying on your stomach, place your elbows under your shoulders and rest on your forearms. Take a deep breath and relax. Hold this upward position for 15-30 seconds, return to the floor, take a breath and repeat.

2



To find pelvic neutral, start by laying on your back on the floor or a yoga mat. Tighten your abdominal muscles and draw the belly in towards your spine. Flatten your back on the floor.

Tip: Try placing a towel under your lower back, find your pelvic neutral, then try pulling that towel out from under your back. A proper core contraction should prevent the towel from moving.



# Plank/Bird-Dog Superman Glute Bridge

3



Laying on your stomach, place your elbows under your shoulders and rest on your forearms. Lift your hips off the ground, keeping the knee hip-width apart on the ground. To increase intensity, lift your knees off the ground so that your toes are on the ground. Hold this position for 7-10 seconds.

4



Start on your hands and knees. Keeping your hands under the shoulders and knees under the hips. Find your pelvic neutral, then extend your right arm and left leg out. When extended, keep your arm at shoulder height and leg at hip height. Hold this position for 7-10 seconds, then return to table top pose and switch arms and legs.

5



Start by laying on your stomach with arms extended overhead. Find your pelvic neutral and lift your arms and legs off the floor, keeping your belly on the ground. Hold for 7-10 seconds, then release to the ground.

6



Laying on your back with both knees bent at 90 degrees. Slowly raise your hips towards the ceiling pushing your heels and shoulder blades to the floor. Squeeze your glutes. Hold for 7-10 seconds then return your hips to the floor

