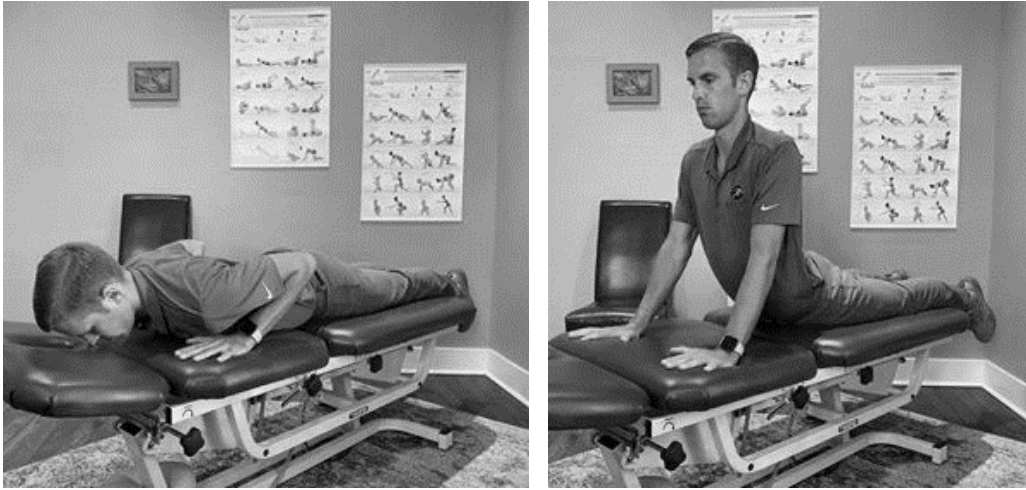


Lumbar Spine McKenzie Press Ups



1. Start face down on a firm surface with hands under the shoulders as if you were going to perform a pushup. The closer the hands to the shoulders, the higher you will go.
2. While keeping your hips down on your surface, press your upper body straight up (cobra pose in yoga).
3. Press until you feel the strain/pressure in your low back, locking the elbows out each rep.
4. Make sure your low back and glute muscles are relaxed, using arms only to perform.
5. Perform slowly and hold for 1-2 seconds at the top.
6. 10 reps every 2 hours, or at your doctor's recommendation.

*This can be done standing, but in order to achieve the same end range effect, double the amount of reps performed to ~20x.



In Motion Spine & Joint Center

5242 Main Street

Spring Hill, TN 37174