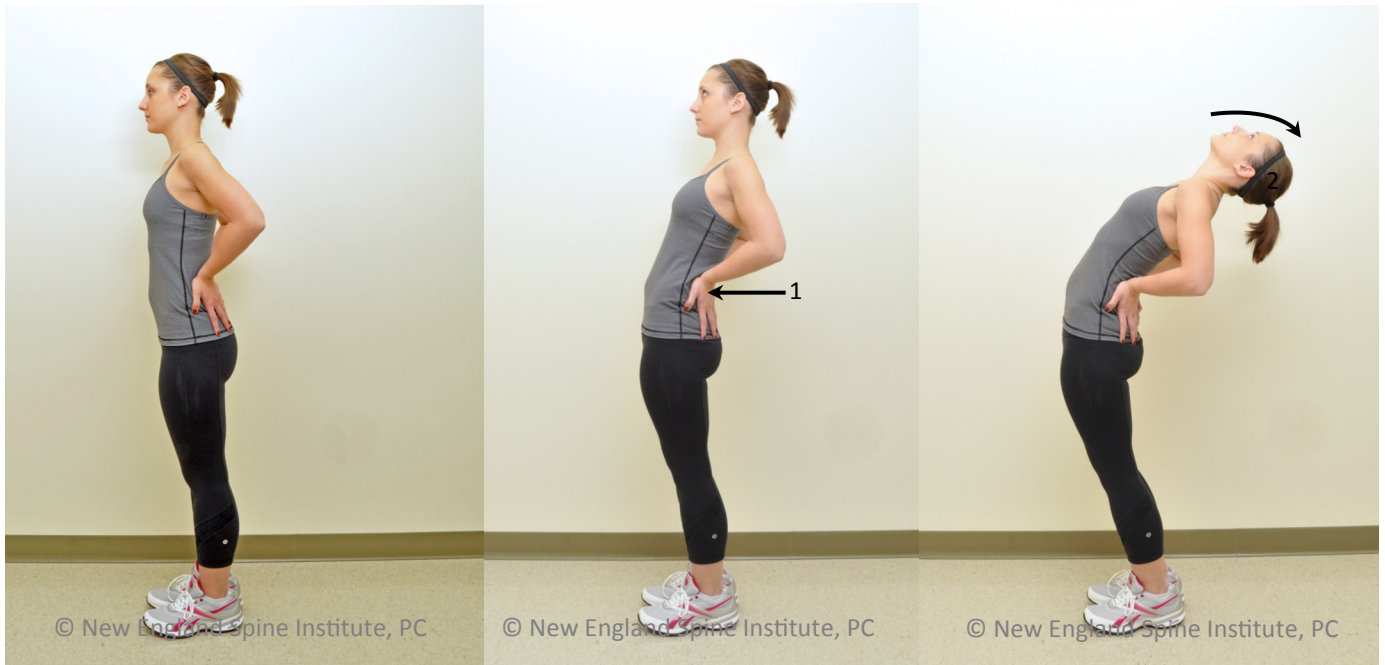


# Extension in Standing



Please refer to the handout “McKenzie General Rules” before beginning this exercise.

- Place your hands on the back of your hips with the fingers facing downward.
- Slowly lean backward, applying slight forward pressure to your hands as a fulcrum. (1)
- Pause for a second and return to neutral.
- When returning to neutral, do not recoil forward beyond the midline.

Ways to increase the degree of extension:

- \* Exhale when in the full back bend position.
- \* Let the hips shift forward.
- \* Extend your head backward (2).

It is okay if there is some discomfort at the end range of leaning backward, provided it goes away when you return to neutral.

Unless otherwise indicted below, perform this exercise ten times every hour.

Repetitions: \_\_\_\_\_ Sets: \_\_\_\_\_ Repeat \_\_\_\_\_ times daily.

Hold time: \_\_\_\_\_ Other instructions: