

Tennessee Back Pain Center

3242 Memorial Blvd. Ste C Murfreesboro, TN 37129

Phone: (615)-900-5187

Fax: (833)-624-3035

Email: Tennesseebackpaincenter@gmail.com



Seated Mckenzie Flexions – Exercise Instructions

- This exercise is performed sitting in a chair
 - Make sure there is nothing under the chair and the chair is of average height.
- Place both hands directly in front of you. One on top of the other.
- While keeping your butt on the chair, reach in between your legs and under the chair as far as you can comfortably go.
- Return to the starting position.
- Perform this exercise 10x every waking hour OR as prescribed by your doctor.
- Note:
 - This exercise is more of a stretch than a strengthening exercise.
 - While you might feel tight or discomfort at first, this feeling should go away as you continue through your 10.
 - If you are experiencing more pain the more you do, please stop and consult your doctor OR if you are noticing your pain going further away from your back and/or further down your leg, please stop and consult your doctor
 - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.

