

Tennessee Back Pain Center

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Mckenzie Side-Glides – Exercise Instructions

- This exercise is performed standing with your shoulder against the wall.
- There are right and left-sided side glides.
 - Make sure you pay attention to which shoulder your doctor wants you to place against a wall. If you cannot remember, please stop and consult your doctor.
- In this example, we will cover left side glides
- For a left-side glide, place your left elbow and wrist against a wall.
 - Keep both feet together and have them about 2-3 feet from the wall.
- Place your right hand on your right hip.
- Without moving your feet, press your hips towards the wall as far as you can go.
 - You may feel a slight pinch in the back, but this is normal.
- Return to your starting point.
- Perform this exercise 10x every waking hour OR as prescribed by your doctor.
- Note:
 - If you are not getting the movement you need, try taking a slight step away from the wall and try again.
 - 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.

