

Tennessee Back Pain Center

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McKenzie Press-Ups – Exercise Instructions

- These exercises are best performed laying on your stomach but can be performed standing.
 - Lying
 - Lay on your stomach with your hands flat on the surface as if you were about to perform a push-up
 - Take a deep breath in through the nose and feel your belly expand
 - Leave your hips and legs relaxed on the table, use your arms to press your body up.
 - Press up as far as you can, preferably with your elbows straight.
 - Once you reach the top, slowly let your breath out and feel your back sag further towards the table.
 - Slowly let your body back down to starting position.
 - Perform 10 times
 - 10 repetitions = 1 set
 - Perform 1 set every hour or as prescribed by your doctor.
 - Helpful Tips
 - Make sure you are strictly using your arms to bring your body up. If you use your back muscles, you may make things worse.
 - Make sure you are also not squeezing your butt and leg muscles while performing this exercise.
 - The only muscles working during this exercise should be your arms.
 - Things to watch out for
 - If your condition worsens, stop the exercise and consult your doctor.
 - OR if you start to feel your pain going further down your leg towards your feet, stop and consult with your doctor.
 - Standing
 - Stand with feet spread slightly further than shoulder width.
 - Make fists with both hands

- Place fists over the two small bumps of your low back.
 - These are located on either side of your low back just at the waistline.
- Take a deep breath in through the nose and into the belly.
- Slowly let your air out and drive your hips forward by bending at the waist and pushing forward with your fists.
- Once you get as far as you can go, return to the starting position.
- Perform 10 times
 - 10 repetitions = 1 set

 - Perform 1 set every hour or as prescribed by your doctor.
- Things to watch out for
 - If your condition worsens, stop the exercise and consult your doctor.
 - OR if you start to feel your pain going further down your leg towards your feet, stop and consult with your doctor.
- Notes:
 - This exercise should get easier, the more often you perform it.
 - 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.



Mckenzie Press Ups

