



McKenzie's Extension Exercise

Why?

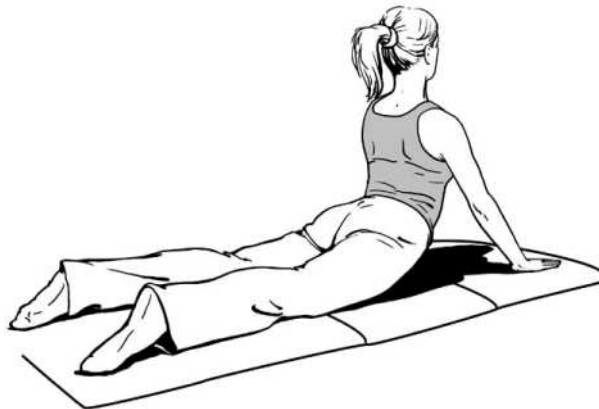
- **Great self-treatment** for low back pain associated with a disc bulge.
- Discs typically bulge backwards (posterior). The nerves in your spine are located behind your discs. Therefore a disc bulge will usually cause nerve irritation and low back pain.
- By bending backwards you push the discs forward and away from the pain sensitive nerves.

Technique:

- Begin by lying on the floor and resting your body weight on your elbows.
- Start by pushing your torso upwards slightly so that the arch in your back is increased.
- Performing these slowly, see if you can do 10-12.



Progress this exercise by placing your hands flat on the ground and pushing up towards the sky; arching your back as you do so.



This may be uncomfortable at first but after a few sessions you should feel the symptoms lessening. Performing this 2 times per day should take you less than 3 minutes total.