

# MCKENZIE BACK PROGRAM

For instructional videos of this protocol, visit [sportsrehab.ucsf.edu](https://sportsrehab.ucsf.edu)



## Pelvic Tilts

Lying on your back, tighten your core muscles, draw your navel to your spine, and flatten your back. It can help to hiss like a snake or say the letter “S”. Hold for 5-10 seconds, then relax.

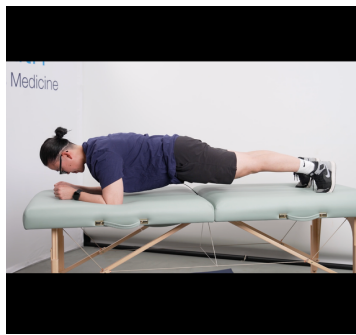
Frequency: 2 - 3 x 10 repetitions



## Quadruped - Alternating Arms and Legs

Begin with your hands and knees on a flat surface. Hands and knees should be about hip-width apart. Engage your core. Slowly extend one arm forward and the opposite leg backward. Keep your hips level and avoid back extension. Repeat on the other side.

Frequency: 2 - 3 x 10 repetitions



## Prone Plank on Elbows (Low Plank)

Your head, shoulders, hips, knees, and ankles should all be in one line. Engage your core. Place your elbows about hip-width apart and support your body on your forearms and toes.

Frequency: 2 - 3 x 20 seconds



## Superman

Lie on your stomach with arms extended overhead. Extend arms and legs off the floor/table. Keep arms parallel to ears. Avoid excessive back extension.

Frequency: 2 - 3 x 20 seconds

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**UCSF Health**

Sports Medicine

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## Double Leg Bridges

Begin lying down with your knees bent and feet flat, about hip-width apart. Engage your core. Lift your glutes so that your hips are in line with your knees. Slowly lower your hips. Return to the starting position. Place a band around your thighs to increase difficulty.  
Frequency: 2 - 3 x 10 repetitions



## Back Extension Progression

Lying on stomach: Lay on stomach with arms under your shoulders or down at your side. Head facing down or turned to one side. Take deep breath and relax. Hold for 5 minutes. 1-2 times per day.

Lying on Pillow: Lay on stomach with arms at your side with a pillow placed directly under chest. Head facing down or turned to one side. Take deep breath and relax. Hold for 5 minutes. 1-2 times per day.



Prone on elbows: Lay on stomach, place your elbows under your shoulders to rest on your forearms. Take a deep breath. Hold 30 seconds, repeat 10 times. 1-2 times per day.

Prone Press-ups: Lay on stomach, place your hands under your shoulders. Slowly straighten elbows, keeping lower body relax while raising the back upwards as far as pain will allow. Hold for 10 seconds and repeat 10 times. 1-2 times per day.

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