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McKenzie therapy for lower back pain and leg pain (sciatica) includes a set of backward and forward-bending therapeutic exercises formulated to relieve acute leg pain and restore motion in the spine. The exercises are meant to be continued even after the pain subsides or goes away - in order to treat the underlying cause and prevent recurrences. McKenzie's back exercises are performed in lying and standing positions and involve backward and forward (extension and flexion) bending movements. If the leg pain moves closer to the buttocks or lower back, resulting in a tolerable increase in the lower back pain, it is considered a good sign as it indicates pain centralization (movement of pain from the leg closer to the spine).The exercises should be performed under the guidance of a trained therapist. Numerous modifications can be made in position and amount of force applied to the spine, so if you are unable to find relief with these exercises, a trained practitioner may be able to personalize them better for you. Watch Video: What Is the McKenzie Method?If the back and/or leg pain symptoms worsen or become intolerable, preventing you from performing these exercises, a physician should be consulted before attempting any of them. To perform the first back exercise: Lie face-down on a flat, sturdy surface. Keep your arms straight and relaxed by the side of the body. Turn your head to one side. Make a conscious effort to remove all tension from the low back, hip, and legs - the exercise will not be beneficial without keeping the body in a completely relaxed state. Take a few deep breaths in and out, and then relax for 2-3 minutes. This exercise prepares the body for the second exercise. Back exercise #2: Lying face-down in extension The second exercise is done only after completing the first exercise. To perform this exercise: Start in the lying-down position as in exercise 1. Place both elbows under the shoulders and push the upper body up, leaning on the forearms. Keep the hips steady on the ground. If this exercise is painful, move your elbows farther away from the body to lower the top half of your body to a tolerable point. Alternatively, place a pillow under your chest to support your upper body. Similar to exercise 1, a conscious effort must be made to remove all tension from the low back, hip, and legs. Maintain this position for 2 to 3 minutes with controlled, deep breathing. Perform this exercise only once per session, and evenly spread the sessions 3 to 4 times a day. Exercises 1 and 2 prepare the body for the third exercise. Extension means bending backward. The third exercise is done only after completing the first and second exercises, and it should be attempted only if leg pain has not worsened in the previous positions. To perform this exercise: Start in a face-down position with the head forward rather than to the side. Place both your hands under the shoulders. Gently push up and straighten the elbows. Keep your hips on the ground and only push up as far as tolerable. Keep your lower body in a completely relaxed position. Allow the pelvis and legs to sag or sink into the ground. Hold this position for 1 to 2 seconds and return to the lying-down position. Perform 10 repetitions of this exercise every 2 hours during the day. With each repetition, aim to push the body higher than before. Back exercise #4: Extension in standing For some individuals, exercise 3 might be uncomfortable or challenging, or their spine may lack the flexibility needed to perform the extension movement correctly. In such cases, extension in standing offers an excellent alternative. To perform this exercise: Stand upright with feet slightly apart. Place the hands in the small of the back (the curved area in the low back). Using the hands as a fulcrum, bend the upper body backward at the waist as far as possible without pain. Hold this position for 1 to 2 seconds and return to the starting position. Perform 10 repetitions of this exercise every 2 hours during the day. With each repetition, try to bend farther than before, if possible. If it is challenging to remain balanced while performing this exercise or if you feel discomfort in your shoulders, an alternative is to stand with your lower back against a countertop and use the countertop as a fulcrum to bend backward. Back exercise #5: Flexion in lying Flexion means to bend forward. To perform this exercise: Lie on your back with your knees bent and feet flat on the floor. Slowly lift both feet and bring the knees close to the chest. Wrap both hands around your knees and pull the knees as close to the chest as possible. Hold this position for 1 to 2 seconds. While performing this exercise: Do not raise the head Do not straighten the legs at any point Perform 10 repetitions of this exercise every 2 hours during a day. This exercise is recommended only after doing exercise 5 consistently for at least 1 week and it should be attempted only if leg pain has not worsened in the previous positions. To perform this exercise: Sit on the edge of a chair with knees and feet apart and both hands on the thighs. Bend forward at the waist and hold the ankles or touch the floor Return to the starting position immediately. Perform 10 repetitions of this exercise every 2 hours during the day. With each repetition, try to bend farther than before, if possible. Back exercise #7: Flexion in standing This exercise is recommended only after doing exercise 6 consistently for at least 2 weeks. To perform this exercise: Stand upright with feet apart and arms by the side of the body. Slowly fold down at the waist and move your hand along your leg as far as possible without pain. Return to the starting position immediately. Perform 10 repetitions of this exercise every 2 hours during the day. With each repetition, try to bend farther than before, to perform this exercise: When and How to Do the McKenzie Method Back Exercises The 7 back exercises are performed in phases depending on the severity of symptoms and duration of pain. Following the recommended number of repetitions and sessions provides the full benefit of the exercises. Exercises 1 through 4 are not suitable during pregnancy. When in acute, constant pain, perform exercises 1 and 2, and move on to exercise 3. If exercise 3 cannot be performed due to acute pain in a lying-down position, perform exercise 4 after exercise 2. McKenzie R, Kubey C. 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method. Updated edition. Plume; 2014. Continue to perform exercises 1 through 4 for the first few days until the acute pain subsides. McKenzie R, Kubey C. 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method. Updated edition. Plume; 2014. Immediately after completing an exercise session, lie on your back for a few minutes and insert a rolled-up towel or lumbar (low back) roll under the low back to maintain the spinal curve. McKenzie R, Kubey C. 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method. Updated edition. Plume; 2014. When exercise 5 becomes tolerable and improves flexibility in the low back, it can be stopped and exercise 6 may be started. McKenzie R, Kubey C. 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method. Updated edition. Plume; 2014. When there is no pain or stiffness, perform exercise 3 every morning and evening to prevent a recurrence or flare-up of back pain. McKenzie R, Kubey C. 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method. Updated edition. Plume; 2014. Perform exercise 4 before and after heavy lifting and at regular intervals during sitting to keep the back conditioned. McKenzie R, Kubey C. 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method. Updated edition. Plume; 2014. During each session, the exercises should progressively alleviate symptom severity or make them tolerable. Despite occasional pain flare-ups, as in exercise 3, symptoms are expected to diminish after subsequent sessions. McKenzie R, Kubey C. 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method. Updated edition. Plume; 2014. If any exercise increases the severity of symptoms hindering the continuation of the workout program, consultation with a physician is advised. Watch McKenzie Method Exercises for Back Pain and Sciatica Video 1 McKenzie R, Kubey C. 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method. Updated edition. Plume; 2014. Next Page 7 McKenzie Method Exercises for Neck Pain and Arm Pain Pages: Skip to content This website uses cookies to improve your experience. We'll assume you're ok with this, but you can opt-out if you wish. [Cookie Settings](#)Read MoreACCEPT Privacy & Cookies Policy 5618 Fishhawk Crossing Blvd | Lithia FL 33547 Our team of advanced Corrective Chiropractic Doctors, Physical Therapists, Physical Therapy Assistants, Rehab Technicians, and Massage Therapists are dedicated to help YOU implement the most effective techniques and applying the latest evidence-based technology to help you recover faster including: Postural and Spinal Rehabilitation Spinal Decompression LightForce Therapeutic Laser Manual Therapy Instrument Assisted Soft Tissue Mobilization Myofascial Cupping KinesioTaping NormaTec Recovery Boots Power Plate Training An advanced brand of chiropractic geared to provide long-term pain relief and overall wellness Corrective chiropractic care can help eliminate the root cause of back pain, neck pain, and migraine headaches, as well as help improve a myriad of other conditions, which to the layman may seem unrelated to the spine. LEARN MORE HERE. We take a holistic approach with treatment for optimal results for each client. Our physical therapists utilize a movement-based diagnostic system designed to discover the root cause of an issue rather than just treat a specific injury or pain. A customized plan of care will be established for YOU to restore optimum mobility free of pain whether you are trying to reduce pain, return to normal daily activities, sports, or recover from surgery. LEARN MORE HERE. "Chiropractic changed my life for good. It's a shame not too many people know how incredible chiropractic can be. Having been involved in a pretty bad car accident, and being told pain would be something I'd have to deal with just didn't sit well with me. So I did my research and found Dr. Justin Scott of STRONGLIFE Chiropractic. After a thorough exam, he pinpointed what needed to be done, and even better than I have ever felt." Janice R. "I came to STRONGLIFE for post surgical therapy and I had great results in my recovery. Dr. Kim & Scott were very helpful in being able to help me get full mobility in my shoulder. All of the staff here were helpful and had a great time here with my recovery." Shawn P. TRUSTED CHIROPRACTOR: READ OUR REVIEWS Monday: 7:45am - 12:00pm | 2:00pm - 6:00pm Tuesday: 9:00am - 12:00pm | 2:00pm - 6:00pm Wednesday: 7:45am - 12:00pm | 2:00pm - 6:00pm Thursday: 7:45am - 12:00pm | 2:00pm - 6:00pm Friday: 7:45am - 12:00pm Saturday (1st Saturday of each month): 9:00am - 12:00pm Sunday: Closed Monday: 8:00am - 12:00pm | 2:00pm - 6:00pm Tuesday: CLOSED Wednesday: 8:00am - 12:00pm | 2:00pm - 6:00pm Thursday: 2:00pm - 6:00pm Friday: 8:00am - 12:00pm Saturday: Closed Sunday: Closed Monday: 9:00am - 12:00pm | 2:00pm - 6:00pm Tuesday: 8:00am - 12:00pm | 1:00pm - 5:00pm Wednesday: 1:00pm - 7:00pm Thursday: 8:00am - 12:00pm | 1:00pm - 5:00pm Friday: 7:00am - 12:00pm Saturday: Closed Sunday: Closed MDT is comprised of four primary steps: MDT begins with the clinician taking a detailed history about your symptoms and how they behave. You will be asked to perform certain movements and rest in certain positions. The main difference to most other assessments is the use of repeated movements rather than a single movement. How your symptoms and range of movement changes with these repeated movements provides the clinician with information that they can use to categorize your problem. Each syndrome is addressed according to its unique nature, with specific mechanical procedures, including repeated movements and sustained postures. Using the information from the assessment, the clinician will prescribe specific exercises and advice regarding postures to adopt and postures to temporarily avoid. If your problem has a more difficult mechanical presentation, a qualified MDT clinician may need to add hands-on techniques until you can self-manage. The aim is to be as effective as possible in the least number of sessions. Treatment that you can perform five or six times a day is more likely to be effective in a shorter period of time than treatment administered by the clinician once or twice per week. The emphasis is on you, the patient, being actively involved. This can minimize the number of visits to the clinic. Ultimately, most patients can successfully treat themselves when provided with the necessary knowledge and tools. By learning how to self-treat the current problem, you gain knowledge on how to minimize the risk of recurrence. You can also rapidly deal with symptoms if they recur, putting you in control of your treatment safely and effectively. Persisting problems are more likely to be prevented through self-maintenance than by passive care. The McKenzie Method gives patients control of their pain and empowers them to get back to the life they love. Have questions regarding this method or would like to talk to someone to determine if this treatment is right for you? We specialize in this method and would be happy to help! You have heard of the McKenzie method for back pain, and would like to try the exercises derived from this technique to relieve your symptoms. Let's start by clarifying something very important! To be able to use the McKenzie method effectively, you must at all costs have previously identified your "preferential direction". It is a direction of movement allowing specific and adapted allowing you the relief of the symptoms. Most often, it is the extension or flexion movement that is best suited to calm low back pain and/or reduce pain radiation. Normally, it takes an evaluation from a professional to get the most benefit from the McKenzie method. This will be able to identify the direction of movement that can help control your symptoms, as well as progress your exercises. Note: To familiarize yourself with the McKenzie method from a theoretical point of view (definition, benefits, contraindications, etc.), see the following article.If stretching is what improves your condition, here are some exercises often suggested by McKenzie therapists. They are classified in terms of strength progression, that is to say from the least constraining to the most aggressive for the lumbar region. If in doubt, do the exercises in order, making sure to monitor your symptoms.Lay on your stomach to start. Then, raise yourself onto your elbows so that your lower back is slightly arched.If the position is tolerable, try to hold it for 1 minute, then return to the starting position (on your stomach).Note: If you feel an increase in pain, reduce the range of motion and reassess your symptoms. Any discomfort should disappear within a short rest.Note: If you feel radiating pain in your leg, your preferred direction may not be extension. 1. Then recommend that you consult.1. Place yourself on your stomach with your hands at shoulder level (as if you were going to do push-ups).2. Push with your hands so as to lift the upper trunk and arch the lower back. Raise as far as tolerated.3. Repeat the extension movement for 10 repetitions trying to go higher gradually.Note: Again, if you feel an increase in pain, reduce the range of motion and reassess your symptoms. Any discomfort should disappear within a short rest.Note: If the pain does not return to normal, or radiates down the leg, stop exercising and consult a McKenzie therapist to confirm your preferred direction (or clarify the diagnosis).4. If, on the contrary, the exercise is well tolerated and relieves you, try the following progression: Once at the top, raise your head upwards and try to exhale the air through your mouth. This will slightly accentuate the hollow in your lower back. Then return to the starting position (on your stomach).5. Repeat the extension movement for 10 repetitions trying to go higher gradually.ALTERNATIVE: Since many people don't have much opportunity to lie flat on their stomach during the day, there is an alternative that allows you to work on the extension in a standing position. This position doesn't allow as much extension in the lower back, but can be useful in case you want to do these exercises at work or in a public place! Here's how to perform the lumbar extension while standing:1. Position yourself facing a wall with your elbows and forearms against the wall. Place your feet at shoulder height.2. Bring your pelvis forward against the wall so as to accentuate the hollow in your lower back. Once you feel a comfortable and tolerable stretch (no longer than 3 seconds), return to the starting position. Repeat the movements for 10 repetitions.Note: If you feel an increase in pain, reduce the range of motion and reassess your symptoms. Any discomfort should disappear within a short rest.Note: If the pain does not return to normal, or radiates down the leg, stop exercising and consult a McKenzie therapist to confirm your preferred direction (or clarify the diagnosis).If, on the contrary, it is flexion that constitutes your "preferred direction", do the following exercises instead. They are categorized by position, and must be carried out following the same principles as those explained previously.1. Lie on your back with your knees bent.2. Bring the knees towards your shoulders using your arms, then apply a slight underpressure at the end of the movement.3. Repeat the bending movement for 10 repetitions, trying to pull the legs more towards you (gradually, of course).Note: If you feel an increase in pain, reduce the range of motion and reassess your symptoms. Any discomfort should disappear within a short rest.Note: If the pain does not return to normal, or radiates down the leg, stop exercising and consult a McKenzie therapist. Here are 5 exercises frequently used by McKenzie therapists once the preferred direction of their patient has been identified. I imagine you intend to try these exercises for yourself (if you haven't already). What I recommend to you is to stop all exercise as soon as you feel pain that gets worse, and that does not return to its initial state after a short break. This implies that the exercise is not suitable for your condition, or that it is downright bad for your back. Also remember this: consult a health professional if you ever feel your radiation worsening, or if there is tingling, numbness or numbness in your leg while exercising. I'm going to show you seven exercises to help treat back and sciatica pain. These exercises are McKenzie exercises, which can be really helpful in helping reduce both your back pain and/or leg pain. These exercises all help by loosening your spine in one specific direction or plane of motion to help alleviate symptoms. It's important to determine which plane of motion or direction your spine responds best to. You know you're responding well if you have leg pain and it starts to move closer to your back, or if you just have back pain and that back pain starts to improve. What you don't want is if you do the exercise, pain in your leg to start to move closer to your foot, or pain down your leg to start to intensify if you do have a lot of pain in your leg already and you find that leg pain is moving up, that's great. Don't be alarmed if the pain in your back or leg/ute area temporarily worsens as you do that because all of that pain centralizes to where its coming from. Back exercise number one is prone lying. So if you have some back and leg pain or just back pain start by lying on your belly. It's a simple movement, but it places your spine into a little bit of extension which can start to improve your range motion. Back exercise number two, prone lying on elbows. To do this exercise you are gonna lie on your belly and just prop yourself on your elbows. This is gonna start put a little bit more extension load on your spine if you have some back pain here that's tolerable and your leg pain is not worsening spend about a minute here to start to see what happens. Leg pain should start to move closer to your back. Or if you just have back pain it may start to improve with time if this exercise starts to cause pain but moves farther down your leg or intensifies pain already in the leg please stop. Exercise number three prone extension in lying. To do prone extension in lying or a prone press up, you're gonna put your hands directly under your shoulders and then lift your upper body off the ground. Try about ten in a row and see what happens within your back and/or your legs. As you do this exercise, you want to move yourself as far up as you can go and get your spine to your end range extension. If your hips come a little bit off the ground, that's okay! Just make sure you keep your belly nice and relaxed so your back can stay like that. If you find your leg pain is getting better - moving closer to your back that's great - keep going. If you find the back pain is moving and your range motion is improving as you go that's great. You can do ten sets and then start to do every two hours throughout the rest of the day. Back exercise number four lumbar extension in standing. To do lumbar extension in standing you are gonna put your hands behind your back and then lean as far back as you can go comfortably. The key is to move as far as you can because you want your spine in its full end range extension. Because that's gonna really start to change your symptoms. Try ten in a row like that and then observe what happens in your back and within the leg if you have leg pain. Leg pain should start to move closer to its origin in your back and if you have back pain it should improve as you go. You may find also that you get easier or better range motion each rep and that's a really good sign. Back exercise number five is flexion in lying. To do lumbar flexion in lying, you want to lay on your back. And then you're gonna bring both your knees towards your chest. Take your hands pull towards you and then relax. You should pull them as far as you can go to try to get your spine to that end range flexion motion. Start with about ten and monitor what's happening both in the back and the leg. If you have leg pain, it should start to move closer to where its coming from in the back. If you have back pain, it should improve with each rep. If anything is making your leg pain or back pain worse please discontinue. Exercise number six, lumbar flexion in sitting. To do lumbar flexion in sitting, you are gonna sit in a chair. Scoot forward a little bit. Then slide your hands down towards your ankles, lean as far forward as you can comfortably. Try about ten see what happens both in your back and in your leg. If leg pain is getting better, it'll move closer to where it's coming from that's great. Your back pain is improving with that, that's great. If leg pain is worsening, please discontinue. Try about ten if you don't notice a big difference, then I want you to use a little self over pressure. So you're going to go down towards the ankles and then take your hands and pull yourself at your ankles to get a little extra motion. Try ten like that and see if that starts to improve your leg pain or back pain. Exercise number seven is lumbar flexion in standing. To do lumbar flexion in standing, you are gonna stand, feet about hip width apart slight bend in your knees and then I want you to lean forward as far as you can go. Reach for the ground and you gonna have your hands slide along your legs to give yourself a little support with this. Try about ten. If it's hard for you to balance while bending forward or it's a little too much pressure this can be modified just by placing your hands on a wall to help support you and then doing the same motion. With each repetition, you should be as far as you can observe what happens both in your leg and back. Ideally leg symptoms are moving closer to the origin in the back and if you just have back pain, back pain improves as you go. To learn more about the McKenzie method for hips and treating spine pain and sciatica pain, please visit us at Spine-health.com and thanks for watching. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Vervell Health uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy. The McKenzie Institute International. What is the McKenzie Method? Published 2019. Mann SJ, Lam JG, Singh P. McKenzie Back Exercises. In: StatPearls. Treasure Island (FL): StatPearls Publishing; July 3, 2023. PMID: 30969542. May S, Rosedale R. An international survey of the comprehensiveness of the McKenzie classification and the preferences of classifications and directional preferences in patients with spinal pain. Musculoskelet Sci Pract. 2019 Feb;30:1-15. doi:10.1016/j.msksp.2018.06.006. Werneke MW, Edmond S, Deutscher D, et al. 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Physical therapists' level of McKenzie education, functional outcomes, and utilization in patients with low back pain. J Orthop Sports Phys Ther. 2014;44(12):925-936. doi:10.2519/jospt.2014.5272. Additional Reading McKenzie R, May S. The Lumbar Spine Mechanical Diagnosis & Therapy. Vol 1. New Zealand: Spinal Publications; The McKenzie Institute. The McKenzie Method. The McKenzie Institute. The Method. Here at Fitzgerald Physical Therapy Associates, our health care professionals are dedicated to providing evidence-based care to examine, diagnose and then prevent or treat conditions that limit the body's ability to move and function in daily life. Our clinics specialize in orthopedic physical therapy where disorders and injuries to the musculoskeletal system are diagnosed, treated, and managed. Believe the patient is never a number Take great pride in their personalized care Accommodate our patient's busy work and family schedules with early morning or evening hours Warmly welcome new patients! We accept most major insurance plans and have a fee schedule for non covered or non-contracted services We have state-of-the-art equipment, private treatment rooms, and easy parking at all our locations "I've had an exceptional experience with Beth! She's incredibly knowledgeable and experienced, making me feel confident in the treatment plan. She served as a true advocate for my health, always explaining everything in detail and making me sure I'm comfortable every step of the way. If you're looking for a therapist who genuinely cares and knows their craft, I highly recommend Beth! Miranda is a true diamond in the rough. She's patient, honest, engaging, and collaborative. And who else takes insurance for pelvic floor PT? Fitzgerald and Miranda were a fantastic find and you'll be lucky to work with them! I had an outstanding experience with Dr. Miranda Duffyan at Fitzgerald PT. Miranda is a thoughtful, caring, skillful, respectful practitioner. She has an intrinsic desire to care for women and for pelvic health that shines through in all aspects of her treatment. My complicated postpartum case required not only skilled treatment, but also a nuanced approach. Miranda was a supportive partner in my care, even before day one, when my baby's positioning caused extreme hip pain. After a complicated delivery, she appropriately staged my treatment, in collaboration with my broader care team, and in keen awareness of the mental/emotional load that comes with profound pelvic injury. I am so thankful that I stumbled upon Fitzgerald and Miranda. I have recommended her to countless friends and will continue to sing her praises and the benefits of comprehensive, compassionate pelvic health care. Miranda was so wonderful and such an important part of my postpartum healing. I started with her about one year postpartum, and am so glad that I did. I highly recommend working with her to new moms! I had a wonderful experience seeing Miranda Duffyan during my pregnancy and postpartum journey for pelvic-floor physical therapy. I am a very active person and found it difficult to maintain my activity level as I reached 27+ weeks of pregnancy. Miranda provided me with core and pelvic floor exercises I could safely do throughout the remainder of my pregnancy. She also helped me and my partner prepare for labor, with suggestions for positioning, support, and proper breath-work. Miranda is extremely knowledgeable, thoughtful, and always made me feel comfortable. I recommend her to all my friends who are expecting! I was treated by Dr. Liza Caldwell at Fitzgerald PT for a back/disc issue. Liza's extreme knowledge, care, down to earth, and great at explaining body mechanics and the reasoning for my pain and discomfort. She (always) happily answered all of my questions and is a great problem solver when it comes to helping me stay functional and pain free. Liza definitely helped me get better faster and I would see her again for any PT needs I had. I highly recommend her work. Sara MacNeill is a wonderful pelvic floor PT. She is both professional & personable - a very important role to walk when you are having very personal conversations. She explained everything clearly & made sure I understood what I needed to do outside of our appointments. Dr. Josh Keitz. Post-foot surgery I was fully non-weight bearing. Dr. Josh Keitz taught me how to walk, regain strength, and now I'm hiking again. In other words - Josh coached me back to life with gentleness, patience, encouragement, and good humor. Thank you Josh. 500 West Cummings Park, Suite 2100 Woburn, MA 01801 p. 781.305.4656 f. 781.305-4658 2 Washington St, Suite 1, Melrose MA 02176 p. 781.305.4656 f. 781.305-4658 196 Ballardvale Street Suite 2 Wilmington, MA 01887 p. 978.909.4849 f. 978.447.1087 Monday - Thursday: 7am - 7pm Friday: 7am - 5pm Closed Saturday and Sunday Hours may vary based on patient demand. Please contact us of there is another time more convenient for you. With the advent of digitalization and modern life and workplaces that thrive on seated arrangements and poor postures, back pain, especially lower back pain, has become a common nuisance for many. Research shows lower back pain affects as much as 80% of adults at some point in their lives. Amidst these rising back issues, finding therapeutic exercises that cut through and provide lasting relief can get challenging and overwhelming. Enter McKenzie method exercises for lower back pain, a promising and research-backed solution for reducing pain and improving function. According to research in the Journal of Orthopaedic & Sports Physical Therapy, McKenzie's lower back exercises reduced pain and disability in patients suffering from chronic low back pain in a far superior fashion than other pain-reducing rehabilitation interventions. That's not it: the McKenzie method for sciatica is also really helpful. If you are someone struggling with lower back pain or sciatica pain, look no further. Give the McKenzie method a try and you will be able to find the relief you have long been searching for. Read along to know all about the McKenzie Method, from what it is and how to follow it to visuals and videos to get started with the McKenzie workout. What are McKenzie Method Exercises? You are not the only one slouching and then suffering later. Luckily, McKenzie method can come to your rescue and that of various others with aching backs, but what is it really? Simply put, the McKenzie Method, also known among pain relief practitioners as Mechanical Diagnosis and Therapy (MDT), is a combination of therapeutic exercises that can assess and treat your musculoskeletal disorders, especially lower back pain and sciatica. The man behind this method, who it is named after, said, "The goal of the McKenzie Method is to empower patients to take an active role in their recovery by teaching them how to manage their own pain through specific exercises." How Long Does It Take for the McKenzie Method to Work? It is fair for you to wonder how long you will need to give McKenzie's physical therapy exercises your best before you can see the results. No one finds it fun to work out for nothing. Good for you. You can experience relief from pain with McKenzie exercises within a couple of weeks and start seeing improvements within just days. Research in the Journal of Physical Therapy Science brought to light that "patients typically experience noticeable improvements within 2 to 4 weeks of regular practice." All it will require you to do is be consistent. A meta-analysis of research showed that at 2-3 months, all patients who employed McKenzie method exercises for lower back pain found significant improvement in their pain level. Another study showed that McKenzie workout, when used as first-line care alone, produced statistically considerable but small reductions in pain. McKenzie Method Exercises for Lower Back Pain and Sciatica To get started with seeing real-time pain relief results, here are some effective McKenzie exercises with their steps. Exercise No. 1. Quadruped Rockback Want to promote spinal mobility and relieve tension in the lower back? The very first exercise, the Quadruped Rockback exercise, is effective for these very things. Steps: Start on all fours, with your hands directly under your shoulders and knees under your hips. Engage your core and keep your back flat. Slowly rock your hips back towards your heels while keeping your arms extended in front of you. Hold the position for 5-10 seconds, feeling a gentle stretch in your lower back. Return to the starting position and repeat for 8-10 repetitions. Exercise No. 2. Prone Press Up Another exercise, the Prone Press Up, is a foundational exercise that can help you extend the spine and alleviate your pain, especially if you are bothered by leg pain. Steps: Lie face down on a flat surface with your legs extended and feet hip-width apart. Place your hands under your shoulders, elbows bent. Press through your hands to lift your upper body off the ground, keeping your hips and pelvis in contact with the floor. Hold the position for 2-3 seconds, focusing on extending your back. Slowly lower back down and repeat for 10 repetitions. Exercise No. 3. Double Knees to Chest Want to stretch your lower back, relieve tension, and improve flexibility so you can bring down the pain? The Upper Knees to Chest exercise is one of the McKenzie method stretches perfect for these objectives. Steps: Lie on your back on a flat surface with your legs extended. Bend your knees and pull both your knees towards your chest, using your hands to hold them. Gently pull your knees closer to your chest, feeling a stretch in your lower back. Hold this position for 15-30 seconds, breathing deeply. Release and return to the starting position. Repeat 3-5 times. Exercise No. 4. Prone Hip Extension Want to target your gluteal muscles? The Prone Hip Extension exercise can target them perfectly and help stabilize the pelvis while promoting spinal extension. Steps: Lie face down on a flat surface with your legs extended and feet hip-width apart. Keep your arms at your sides or place them under your forehead for support. Slowly lift one leg off the ground, keeping it straight and engaging your glutes. Hold the position for 2-3 seconds, then lower your leg back down. Alternate legs and repeat for 10 repetitions on each side. You can perform all these exercises as part of a comprehensive McKenzie Method workout. Next thing you know, your lower back pain will lessen, and your mobility will enhance. For a more detailed visual guide and to follow along with our expert as you work out, you can also click on the video below: FIX Lower Back & Sciatica with 4 McKenzie Method Exercises How Often Should You Do McKenzie Method Exercises? Experts recommend that you should do these simple exercises 3 to 4 times every day at the start of your treatment and as you notice improvement, you can adjust the frequency per your needs and liking. Others also recommend repeating exercises every two hours for better results. Conclusion If sciatica pain bothers you while driving or your lower back pain, made worse by long hours of sitting at your workplace, has become an absolute nuisance, before it gets worse try McKenzie method exercises for lower back pain. That way you can reduce your pain and stop the conditions from worsening. Use the video linked above and see results in real-time starting today! Sources: Published on 9/25/18 at 8:22 PM Today we are joined by Chapman Fu, the Clinical Director at The Physiotherapy & Rehab Centre, to talk about the McKenzie Method: a series of seven back exercises specifically designed to help sufferers of chronic lower back pain. This simple, repeatable method can help improve your lower back range of motion so you can get on track to living a life with less pain!Check out the full video below: Video Transcription: 7 Exercises for Back Pain Using the McKenzie Method The McKenzie Back Exercises are a series of seven exercises. These exercises can help lower back pain sufferers restore some of their lower back mobility and functions. It may not be suitable for everyone's lower back pain condition, and certain exercises could be too painful for some individuals. If you have difficulties with these exercises, do not continue and seek guidance from your preferred healthcare provider instead. Exercise #1 Lying Face Down Lie face down with your arms beside your body, and the head turned to one side. Stay in the position and relax for two to three minutes. It helps to relax, unload and straighten your back. You can practice this exercise up to eight times a day, or every two hours. For extra support, you can place a pillow under your stomach. Exercise #2 Lying Face Down in Extension Lie face down, then place your elbows under your shoulder so you can lean on the forearms. Stay in the position for two to three minutes. It helps to restore some backward bending curve of your lower back. You can practice this exercise up to eight times a day, or every two hours. Lie face down, place your hands under your shoulders. Straighten your elbows and push the upper body upward as much as possible. Maintain this position for two seconds, and repeat ten times. It helps to restore a more backward bending curve. If your lower back. You can practice this exercise up to eight sets a day, or every two hours. Stand upright with your feet apart, place your hands on your lower back and bend backward. Keep your knees straight. Maintain this position for two seconds, and repeat ten times. It does not stretch your lower back backward as much as exercise #3, but it is convenient and can be done anywhere. You can practice this exercise up to eight sets a day, or every two hours. Exercise #5 Flexion in Lying Down Lie face up with your knees bent. Bring your knees up towards your chest. Hold your knees with your hands for two seconds, and repeat six times. It is the first step to help restore forward bending motion of the lower back. You can practice it up to four sets a day. Exercise #6 Flexion in Sitting Sit on the edge of a steady chair with knees and feet well apart. Bend the trunk forward from an upright position and try to touch the floor with your hands for two seconds. Then return to the upright position, and repeat six times. This is the transitional step to help restore forward bending motion of the lower back. You can practice this exercise up to four sets a day. Exercise #7 Flexion in Standing Stand upright with your feet shoulder width apart. Bend forward and run your fingers down your legs as far as you can comfortably reach while keeping your legs straight. Do not hold and immediately return to the upright position. Repeat six times. This exercise helps to restore full forward bending motion of the lower back. You can practice this exercise up to two sets a day. Practice these exercises with gentle movements and patience. We recommend you progress gradually, and only after the previous exercises become comfortable. Learn More About Back Pain on the DR-HO'S 5618 Fishhawk Crossing Blvd | Lithia FL 33547 Our team of advanced Corrective Chiropractic Doctors, Physical Therapists, Physical Therapy Assistants, Rehab Technicians, and Massage Therapists are dedicated to help YOU implement the most effective techniques and applying the latest evidence-based technology to help you recover faster including: Postural and Spinal Rehabilitation Spinal Decompression LightForce Therapeutic Laser Manual Therapy Instrument Assisted Soft Tissue Mobilization Myofascial Cupping KinesioTaping NormaTec Recovery Boots Power Plate Training An advanced brand of chiropractic geared to provide long-term pain relief and overall wellness Corrective chiropractic care can help eliminate the root cause of back pain, neck pain, and migraine headaches, as well as help improve a myriad of other conditions, which to the layman may seem unrelated to the spine. LEARN MORE HERE. We take a holistic approach with treatment for optimal results for each client. Our physical therapists utilize a movement-based diagnostic system designed to discover the root cause of an issue rather than just treat a specific injury or pain. A customized plan of care will be established for YOU to restore optimum mobility free of pain whether you are trying to reduce pain, return to normal daily activities, sports, or recover from surgery. LEARN MORE HERE. "Chiropractic changed my life for good. It's a shame not too many people know how incredible chiropractic can be. Having been involved in a pretty bad car accident, and being told pain would be something I'd have to deal with just didn't sit well with me. So I did my research and found Dr. Justin Scott of STRONGLIFE Chiropractic. After a thorough exam, he pinpointed what needed to be done, and even better than I have ever felt." Janice R. "I came to STRONGLIFE for post surgical therapy and I had great results in my recovery. Dr. Kim & Scott were very helpful in being able to help me get full mobility in my shoulder. All of the staff here were helpful and had a great time here with my recovery." Shawn P. TRUSTED CHIROPRACTOR: READ OUR REVIEWS Monday: 7:45am - 12:00pm | 2:00pm - 6:00pm Tuesday: 9:00am - 12:00pm | 2:00pm - 6:00pm Wednesday: 7:45am - 12:00pm | 2:00pm - 6:00pm Thursday: 7:45am - 12:00pm Saturday (1st Saturday of each month): 9:00am - 12:00pm Sunday: Closed Monday: 8:00am - 12:00pm | 1:00pm - 5:00pm Tuesday: 8:00am - 12:00pm | 1:00pm - 5:00pm Wednesday: 1:00pm - 7:00pm Thursday: 8:00am - 12:00pm | 1:00pm - 5:00pm Friday: 7:00am - 12:00pm Saturday: Closed Sunday: Closed