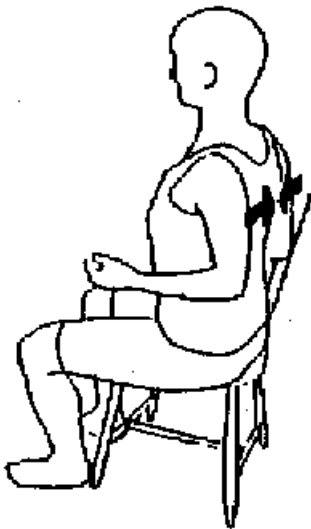


Standing McKenzie Extension



- Place hands on back of hips
- Lean back and “touch” pain or stiffness
- Hold 1-2 seconds
- Repeat 10-15 times
- Several times per day
- As needed for pain relief
- Especially important after sitting and/or bending slightly for prolonged periods.

Scapular Retraction



- Stand or sit with elbows at 90 degrees
- Contract mid-back muscles so shoulder blades come together.
- Stretch forward between reps.
- Repeat 10 times.
- Perform as needed during times of mid-back discomfort or while working at a desk