

Mckenzie Standing Press up



- 1 Stand upright with good posture, feet hip-width apart.)
- 2 Place your hands on the wall in front of you
- 3 Slowly lean backward at the waist, extending your lower back while keeping your knees straight.
- 4 Hold the extended position for 5–10 seconds, breathing normally.
- 5 Slowly return to the upright starting position.
- 6 Repeat 8–10 times per session, 1–2 sessions per day, as tolerated.



SPORTS CHIROPRACTIC
AND NATURAL HEALTH SOLUTIONS

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