More McKenzie Exercises

Figure 6. Lying Supine



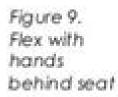
Figure 7. Knees bent



Figure 8. Knees to Chest



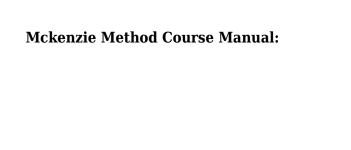
Figure 10. Flex to Floor





Mckenzie Method Course Manual

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