

## More McKenzie Exercises

*Figure 6. Lying Supine*



*Figure 7. Knees bent*



*Figure 8.  
Knees to  
Chest*



*Figure 10.  
Flex to  
Floor*



*Figure 9.  
Flex with  
hands  
behind seat*



# Mckenzie Method Course Manual

**Patrick Vollmar**



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