

# McKenzie Extensions



Sphinx Position



Cobra Position

## Instructions

1. Start with Sphinx Position – flat on your stomach, propped up on your elbows with elbows positioned directly under your shoulders.
  - a. This is the most advantageous position for the muscles and discs of your lumbar spine. The muscles are shortened, allowing them to relax. Pressure is also removed from the discs (Jelly Donuts).
2. Transition to Cobra Position. Place hands directly under shoulders and, using only the muscles in your chest and shoulders, press yourself up until elbows are locked. Look straight ahead. The muscles of your low back should remain relaxed throughout the exercise.



**JH BACKCOUNTRY HEALTH**  
CHIROPRACTIC & WELLNESS

Sphinx:

Duration/Sets:

Repetitions:

Frequency: