

LOW BACK AND NECK PAIN WILLIAMS PAUL%0A

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[Williams Flexion Back Exercises | Livestrong.com](#)

[Williams flexion exercises are one type of treatment for back pain. These exercises focus on a bending movement in your lower back. Williams flexion exercises are made up of seven movements: pelvic tilt, single knee to chest, double knee to chest, partial sit-up, hamstring stretch, hip flexor stretch and squat.](#)

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[Spine-health.com is the leading resource for comprehensive, highly informative and useful information on understanding, preventing, and seeking appropriate treatment for neck and back pain. It features trustworthy content written and peer-reviewed by medical professionals with vast knowledge and expertise in conditions involving the neck, back](#)

[WILLIAMS PROGRAM FOR LOW BACK PAIN - DEFS ASE](#)

[The Williams Program is a popular non-surgical treatment](#)

for low-back pain. The The Williams exercises are based on the flexions in order to reduce the pain and increase lower trunk

Williams Flexion Exercises - Physiotherapy Treatment

Williams believed that the back pain was the result of human evolution in movement from a quadruped to an upright position, proposing that the standing position was the cause of back pain because it placed the low back in a lordotic curve. Williams advocated seven exercises to minimize the lumbar curve-

Williams' Flexion Exercises vs. McKenzie's Extension Protocol

Simply stated, Williams claimed that man developed low back pain when he first stood erect. McKenzie also claims that the disc is the primary cause of back pain. Unlike Williams, however, McKenzie theorizes that flexion, not extension, is the culprit.