This thesis is focused on the treatment of chronic lumbar back pain using Robin McKenzie method as a therapeutic approach. The theoretical part deals with the physiology of the spine, its pathophysiology and complications related to that. It also presents the McKenzie method, its fundamentals and clinical use. It also describes the Oswestry disability index, which was chosen as a subjective tool for evaluating the effectiveness of therapies from the patient's perspective. The practical part aims to answer the question whether the McKenzie method is a suitable tool for influencing chronic back pain. To answer this question a qualitative research in the form of case studies was made. The key role for assessing the effect of therapy was played by intensity of pain, which was evaluated by the Oswestry questionnaire, dynamics of the spine and neurological symptoms. The results, which were concluded during therapies, argue in favour of the Robin McKenzie method, which is a suitable therapeutic approach to influence chronic lumbar back pain.