

LOWER BACK THE HIP HINGE

Everyone has heard that if you have a bad back you should lift with your legs NOT your back. But, what does this really mean? It means that you should bend or 'hinge' your hips and knees instead of your waist or spine when you lift. This same advice can be extended to activities such as rising from a chair, getting in or out of your car, up and down from bed, washing your face, etc. The best way to protect your back is to hinge with your hips instead of your back, especially early in the morning or when performing an arduous task such as lifting an object.



THE HIP HINGE:

What is the hip hinge?

Fig. 1 shows a person squatting down while bending or hinging mostly from the waist. This is potentially harmful for the back in the morning or if the person was lifting something.



Fig. 2 shows the same person squatting down while hinging mostly from the hips. This protects the back, and is especially important if the person has acute low back pain or sciatica.



If you are having any problems with these exercises then please don't hesitate to contact us and we can talk you through them.