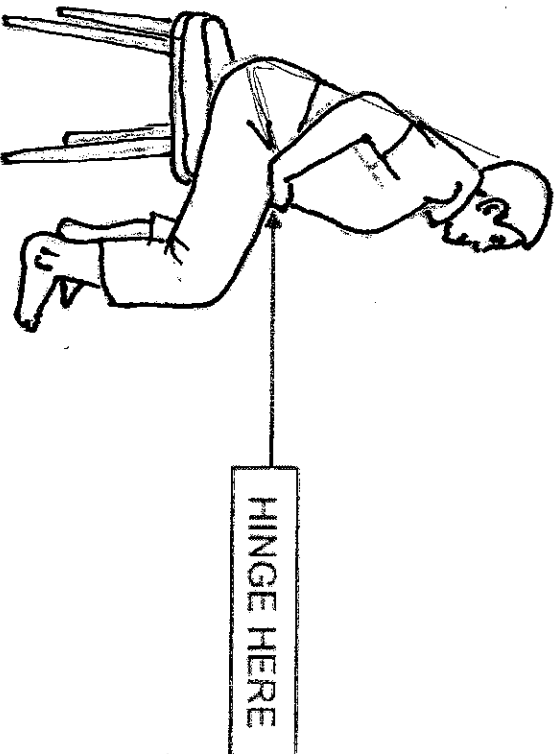


Safe Hip Hinge

SIT-TO-STAND OPTION



Place a dowel along your back so that it touches three points:

- 1-sacrum
- 2-between shoulder blades
- 3-back of head.

Hinge at the hip and come forward keeping the dowel in place touching all three areas. Do this exercise seated or standing.

- if the dowel leaves your sacrum, it means you are rounding your back
- if the dowel leaves the area between your shoulder blades, it means you are hyperextending your back.
- keeping the dowel in place means you are maintaining the n curves of your spine.

When performing this in the standing position, be sure to bend your knees as you hinge forward.

