

Hip Hinge for Low Back Pain

The hip hinge is a movement used to train moving at the hips while keeping the lower back still. This can be particularly helpful for those experiencing lower back pain with bending forward to tie their shoes, pick things off the ground, etc.



- The key to this movement is to use a dowel (a broomstick also works great!) to help keep the lower back straight. The dowel should maintain contact on the back of your head, in between the shoulder blades, and on the tailbone throughout the movement.
- Next, slowly push your hips backwards like you are sitting back into a chair. As you do this, your torso will bend forward as a unit so that the dowel keeps in contact with the 3 points of contact mentioned above.
- Push your hips back as far as you can while maintaining the points of contact. Then straighten back up to the original starting point.
- Once you are confident you can do the movement, try to repeat the hip hinge without the aid of the dowel. Sometimes using your hands on your stomach and back can give you some feedback on whether your lower back is moving during this movement.