

## Tennessee Back Pain Center

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## Hip Hinge – Exercise Instructions

- This exercise is performed standing
- Start with your feet shoulder-width apart, with your knees over your ankles.
- Grab a broomstick and place it along your spine, holding it at the base of your neck and low back.
- Bend your knees slightly and sit your hips back, keeping the broomstick touching your spine at all times.
  - Avoid letting your knees come forward. They should always stay above your ankles. If you notice your knees in front of your toes, this is an issue.
  - Also avoid your knees buckling inward or outward. Your kneecaps should be pointing directly in front you.
- Perform this exercise 10 times, 3x per day OR as prescribed by your doctor.
- Note:
  - You should feel this exercise in your hamstrings and glutes. If you are experiencing pain or discomfort elsewhere, please stop and consult your doctor.
  - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.



