

## BENDING & LIFTING - THE HIP HINGE

Use the hip hinge technique for bending forward or lifting objects. Ideally, you should use this technique every time you bend forward (e.g. to reach a low shelf) or lift an object as it reduces the stress going through your spine and can help protect you from lower back injuries and flare-ups of pain.

To use the **hip hinge technique**, you should focus on keeping your spine straight, and bend at your hips and knees. Your legs have stronger muscles than your back, so they should do more of the work!



It may be helpful to imagine you have a straight stick lengthways against your back – your tailbone, middle back, and back of your head should all be touching the stick when you bend (try it with a broom!). This keeps your spine nice and straight.

**Avoid** bending your spine – it puts extra strain on the shock-absorbing discs and muscles of your spine and can lead to acute injuries or damage over time.

