

HIP/ KNEE/ ANKLE HINGE FOR SAFE BENDING AND LIFTING

- 1. The hip/knee/ankle hinge movement is the best way to protect the bones and discs in your back when you are bending or lifting for any reason.**
- 2. To hinge, bring your chest forward, push your hips backward, and keep your feet very wide apart.**



- 3. Exercises to become stronger in your back and legs include:**
 - A. Wide squats keeping your back flat, and moving your body up and down a few inches with your hip, knee, and ankle strength.**
 - B. Arm swings with small hip/knee/ankle “bounces”**
 - C. Hip/knee/ankle hinging with small knee bends and forward reaches**



4. SAFE BEND, REACH

5. SAFE VACUUM, MOP, RAKE

6. SAFE LIFTING