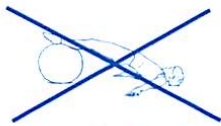
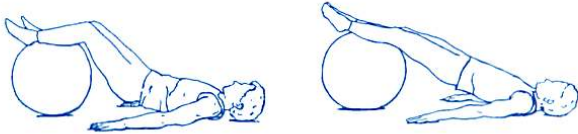




Hip Lift - Spinal Mobility

Spinal Extension SE-1

Lift hips off the floor by rolling spine up one vertebra at a time. Reverse and curl spine down one vertebra at a time. Distance between hip bones and lowest rib decreases as the body is lifted and spine is curled.



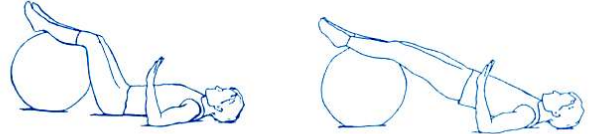
Do not arch back!

Hold 5 Seconds
Repeat 5-10 Times
Do 1-2 Times/day

Hip Lift with Bent Elbows - Spinal Mobility

Spinal Extension SE-2

Bend arms at elbows and lift hips off the floor by rolling spine up one vertebra at a time. Reverse and curl spine down one vertebra at a time. Distance between hip bones and lowest rib decreases as the body is lifted and spine is curled.



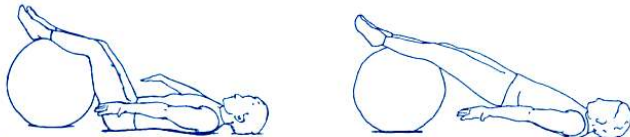
Do not arch back!

Repeat 5-10 Times
Do 1-2 Times/day

Hip Lift with Raised Arms - Spinal Mobility

Spinal Extension SE-3

Raise arms off floor. Lift hips off the floor by rolling spine up one vertebra at a time. Reverse and curl spine down one vertebra at a time. Distance between hip bones and lowest rib decreases as the body is lifted and spine is curled.



Do not arch back!

Repeat 5-10 Times
Do 1-2 Times/day

Hip Lift - Spinal Stability

Spinal Extension SE-4

Find pain free position of the spine. Press arms into floor and lift trunk as a single unit. Body is in a line from ankles to shoulders. Reverse and lower spine to floor as a single unit. Distance between hip bones and lower rib does not change while lifting and lowering body.



Do not arch back!

Repeat 5-10 Times
Do 1-2 Times/day

Hip Lift with Bent Elbows - Spinal Stability

Spinal Extension SE-5

Find pain free position of the spine. Bend arms at elbows and lift trunk as a single unit. Body is in a line from ankles to shoulders. Reverse and lower spine to floor as a single unit. Distance between hip bones and lower rib does not change while lifting and lowering body.



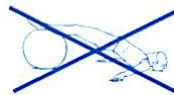
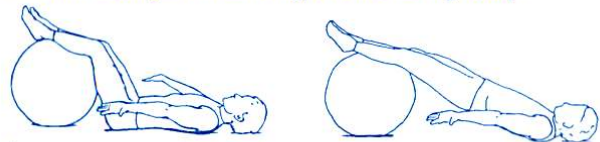
Do not arch back!

Repeat 5-10 Times
Do 1-2 Times/day

Hip Lift with Raised Arms - Spinal Stability

Spinal Extension SE-6

Find pain free position of the spine. Raise arms off the floor and lift trunk as a single unit. Body is in a line from ankles to shoulders. Reverse and lower spine to floor as a single unit. Distance between hip bones and lower rib does not change while lifting and lowering body.



Do not arch back!

Repeat 5-10 Times
Do 1-2 Times/day