**Hip Lift - Spinal Mobility**  
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.

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

**Hip Lift with Bent Elbows - Spinal Mobility**  
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.

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

**Hip Lift with Raised Arms - Spinal Mobility**  
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.

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

**Hip Lift - Spinal Stability**  
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.

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

**Hip Lift with Bent Elbows - Spinal Stability**  
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.

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

**Hip Lift with Raised Arms - Spinal Stability**  
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.

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