

# Hip Lift

## Instructions

1. Assisted Hip Lift  
Position – Lie on back with knees bent at 90 degrees and feet flat on the wall. Place one ankle on the opposite knee. Place arms out to the side with palms up.
2. Hip Lift – Pull foot 1" off of the wall using your hip flexors. Try to get your stomach to relax.

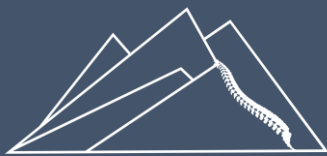


Assisted - Duration:

- Reps:

Hip Lift - Duration:

- Reps:



**JH BACKCOUNTRY HEALTH**  
CHIROPRACTIC & WELLNESS