

# Move better. Feel better!

Learn the common causes of low back and hip pain, and how to prevent them.

## Common causes for low back and hip injuries:

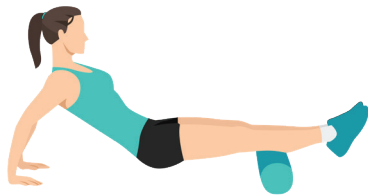
- Static and dynamic posture (sitting at a desk, repetitive bending and twisting, etc.)
- Stress and chronic fatigue
- Decreased spine stability
- Dysfunction above and below the Lumbo-Pelvic-Hip Complex



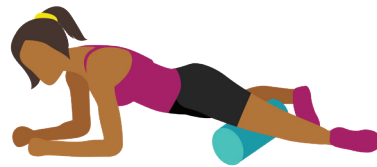
# Prevention exercises for low back and hip injury

## **Foam rolling**

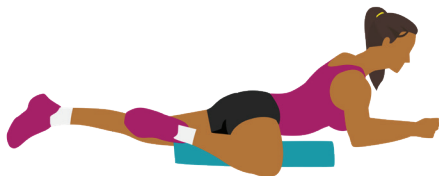
Slowly roll for 30 to 90 seconds for each soft tissue area



Calves



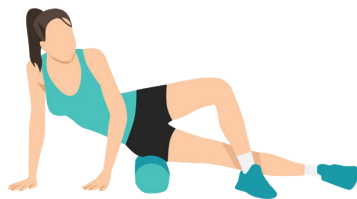
Hip flexor and quadriceps



Hip adductors



Piriformis/glutes



IT band



Hamstrings



Latissimus dorsi

# Prevention exercises for low back and hip injury

## Stretches



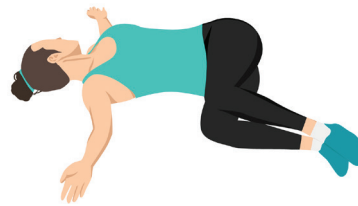
Hip flexors stretch



Figure-4 (piriformis)



Latissimus dorsi stretch



Side-lying T-spine rotation



Single knee to chest



Ankle mobility

# Prevention exercises for low back and hip injury

## Activation



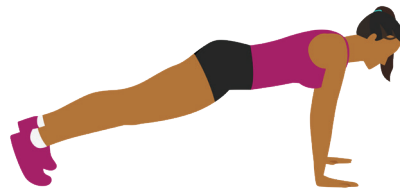
Glute bridges (two-leg and/or single-leg)



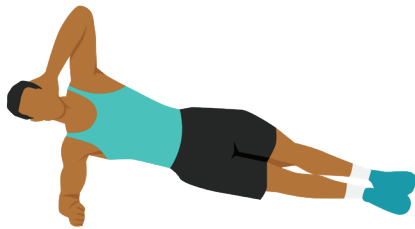
Bird dog



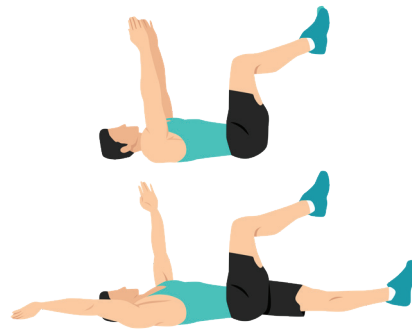
Side-lying hip abduction (lateral leg lifts)



Front plank



Side plank



Dead bug

Please consult with your doctor before starting any exercise routine.

Keep up the good work with free health coaching!

As a Moda Health member, you have access to free, confidential health coaching to help support you and your health goals. To learn more, visit our website or email [healthcoachteam@modahealth.com](mailto:healthcoachteam@modahealth.com).

[modahealth.com](http://modahealth.com)

