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# How to Perform a Hip Hinge: Tips Guide

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Progressions and techniques to properly perform a hip hinge to help better perform exercises



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*PT, DPT, CSCS*

What is a “hip hinge”? .....	3
Keys to Performing a Proper Hip Hinge .....	3
Common Mistakes .....	4
Exercises to Address Hip Hinge Movement .....	4
Now What? .....	5

# What is a “hip hinge”?

The “hip hinge” is movement where you are “hinging” or “bending” at your hips while your spine is staying in a neutral position. A “neutral” position is where the spine is not overly arched or overly rounded at any part. The movement is key in doing activities like lifting and squatting. It is also a key part in performing certain exercises such as:

- Squats (and variations)
- Deadlifts
- Romanian Dead Lifts
- Bent Over Row

Failure to properly perform a hip hinge can result in low back pain and other dysfunctions.

## Keys to Performing a Proper Hip Hinge

### ► **Pre-hinge**

- Feet between shoulder to hip width apart
- Spine in neutral position
- Core engaged

➡ *If, you have difficulty accessing your core muscles or have a history of back pain, make sure you check out my IGTV video on my instagram page titled **Core Engagement** or visit my facebook page. @mofitnessandhealth*

### ► **Hinging forward**

- Shift weight back so hips push back behind you as your upper half “hinges” forward
  - Maintain neutral spine position
  - Allow soft bend in the knee
- ➡ *The knee bend can vary depending on what activity or what lift you are performing*
- Core engaged
  - Shoulders pinched down and back

### ► **Returning back to standing:**

- Ground feet through floor
- Initiate movement by squeezing your glutes and pulling from you glutes and hamstrings to return to an upright position

➡ *If, you have difficulty engaging your glute muscles, be sure to check out my other free guide **How To Build Your Booty: Tips Guide***

- Keep spine in neutral position

*\*instructional video that can be found on my **website, instagram/IGTV, or facebook** will further explain what these bullet points mean*

### **Common Mistakes**

- Forgetting about your core muscles
- Not keeping spine in neutral position
- Not moving at your hips first
  - People tend to drop at the knees or round back first
- Trying to use low back to return to standing rather than glutes and hamstrings

### **Exercises to Address Hip Hinge Movement**

- Standing hip hinge with dowel 0:00
- Standing hip hinge hands on thighs 0:58
- RDL with dowel 1:55
- Single leg hip hinge with dowel or foam roll 2:43

*You can find my instructional video in 1 of 3 places: On my website, you will find an **“Exercise Tutorials”** tab with this video ([www.mofitnessandhealth.com](http://www.mofitnessandhealth.com)), on instagram/IGTV (@**mofitnessandhealth**) or on my facebook page (@**mofitness.health / mofitnessandhealth**)*

## Now What?

These exercises listed above are great ways to help improve your mechanics during exercises like deadlift, RDL, and squat. Having solid mechanics is so important while performing those exercises because they are such complex movements and don't leave room for error. Poor mechanics can lead to back pain, hip pain, knee pain..etc.

Keeping all of those key points in mind that were discussed will help you decrease the risk of injury and also help you increase volume on those lifts!

These are also great movements to just practice on a day to day basis- especially for those people who experience low back pain. Learning how to hinge and move properly is going to help decrease your pain and reduce risk of further injury.