

Tip- Hip-Lift
Self-Spinal Decompression

By Christine Inserra PT

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This is one of my Top Five Favorite Self-Help Tools for problems with the spine, be it upper, middle or lower.

The beauty of this technique is that it provides active decompression in addition to the passive decompressive effect of lying on the floor or bed.

Because of the downward elongation of the lower spine elicited in this procedure, the whole spine above is indirectly decompressed.

This technique, in conjunction with *Lying on Books* and the pelvic correction technique outlined in *On the Level*, (see archives articles), complete a series of **my top three self-help spine procedures**. You can often prevent or pull yourself out of an acute pain situation by using these three procedures combined with over-the-counter pain relief medicine.

Any contraindications?

90% of my back pain patients seem to tolerate this procedure. In the event of sacroiliac cartilage arthritis, this procedure may not be tolerated. Also people with severe, acute lower lumbar disc herniation may not tolerate it. You will know by the pain.

Following any spine surgery, pelvic/leg fracture or leg surgery that restricts weight bearing, this procedure must be Ok'ed by your physician.

[Click Here to play a video](#) of the procedure, otherwise view the photos.

- 1) On the floor or bed begin with knees bent, feet flat.
- 2) Have a thin pillow or your stack of books under your head. Be sure not to press on your head during the procedure, instead use your shoulder blades for counter pressure.



- 3) Keep feet and knees between 8-12 inches apart during entire procedure. (Allowing knees to come together puts a strain on the hip and decreases the decompressive effect.)

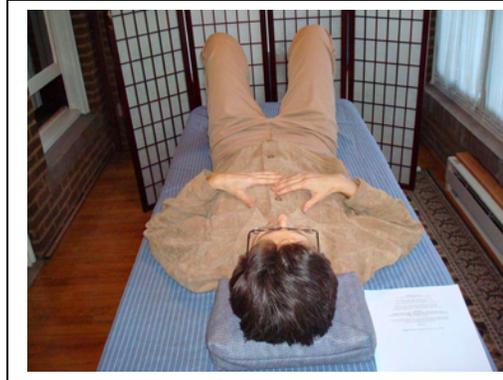


- 4) Tip both knees to one side (while keeping them apart).

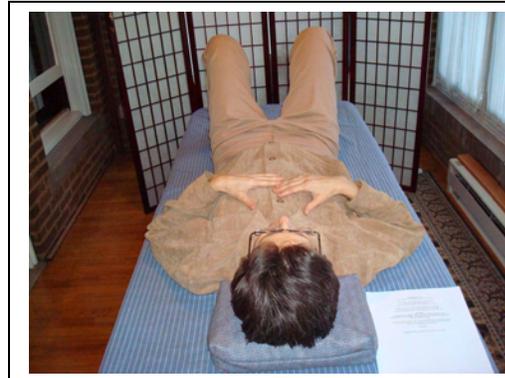
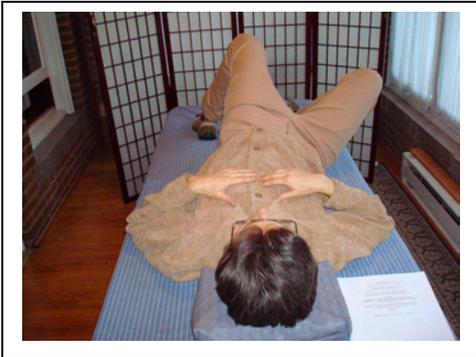


- 5) As you tip, push on the top foot, lifting the top hip off the floor/bed.
- 6) The distance between your knees should widen as the lower knee drops lower, the upper knee stays straight over the foot below it.
- 7) Breathe in, allowing your top waste, then ribs, to be elongated.
- 8) Shoulders remain on the floor/bed but you should feel a slight counter pressure in the shoulder blades and a slight tug on your neck.

9) Return your knees to the middle as you breathe out.



10) Repeat the procedure tipping and lifting the other hip.



11) Alternate right and left 3-5 times.
(Don't be surprised if you hear a click or feel that one side is more satisfying to do.)

If you have any discomfort try tipping and lifting less far, if discomfort persists discontinue.