

HIP HAPPY Intro

HIP HAPPY is designed to move your hip joint through its full range of motion. When you practice this routine regularly, you will see improvement in hip mobility. Here are some things to remember as you do the sequence. Take your time with opening your hips, because hip ligaments are strong. Be gentle with the exercises and allow the improvements to occur over weeks, months and even years.

Supple hips can ease back pain, provide relief to the knees, improve leg circulation and help one to have a more agile walking gait.

The hips are located **below** the low back, so success for the hips means success for the low back.

The hips are located **above** the knees, so success for the hips means success for the knees.

The hips work in concert with the pelvis joint. Together they make music for the whole body when they are finely tuned together.