



Urban Qi FIT is an official affiliate of [Aletha Health!](#)

I have used the Hip Hook® successfully to ameliorate pain and stiffness in my right hip, lower back, and left knee. There is an immediate and noticeable shift in my posture as well, especially from the inordinate amount of sitting I've done during the pandemic doing research and writing. Together with my regular stretching and strengthening routines, the Hip Hook® is changing the dynamics of my movements for my Taijiquan and Qigong practice and minimizing my physical discomforts.

I was certainly aware of the psoas and piriformis because of my experience as a long-distance runner, my training as a Swedish massage therapist, my anatomy studies as a naturopathic doctor, and my Qigong and Taijiquan practice. Nevertheless, I somehow never paid specific attention to the iliacus and its role in creating imbalances and pain in various seemingly unrelated parts of the body (knees, ankles, lower back, etc.).

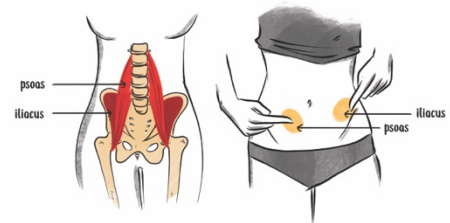
More importantly, had I been aware of it, I would not have had the benefit of the Hip Hook® to allow me to be self-reliant in working with it.

**Please click on the hyperlinks below to get a clear understanding of how the Hip Hook® might benefit you. Should you decide to purchase it, you will receive a 10% discount using the following code: URBANQIFITHIPS**

<https://shop.alethahealth.com/?ref=OqbU-Sd-9KVjQ>

[Video: How the Hip Hook Works](#)

[The Hip Hook](#)



Please contact me if you have any questions at [urbanqifit@gmail.com](mailto:urbanqifit@gmail.com).

Respectfully,  
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Aletha Health Ambassador

**Aletha Ambassador- Hip Hook® 2022**