

Hip hitching

Standing with support in front of you (Fig A), lift your hip up towards your ribcage (Fig B) and slowly return to the resting position.

Repeat as directed by your physiotherapist.



For a video demonstration of this exercise please press 'Ctrl' and click [HERE](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.

NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.

