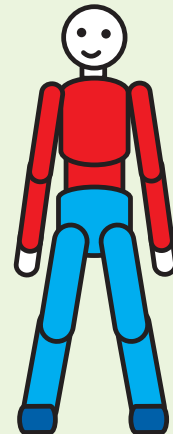


# Exercise 25

## Hip hitch

Starting position: Standing up straight with feet slightly apart, weight evenly placed on both feet

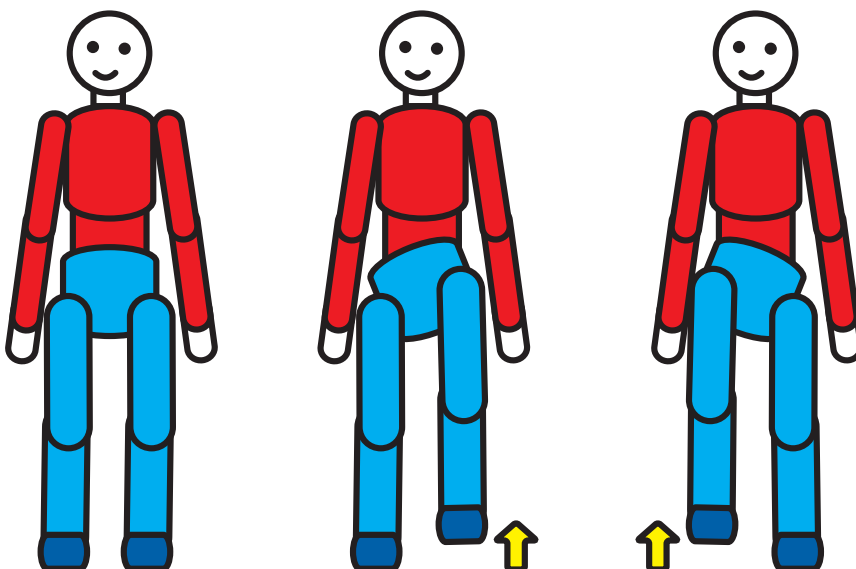


### Step one

Hitch your hip up from your waist to shorten your right leg bringing your foot up off the floor.

### Step two

Keep the knee straight all the time. Hold, then lower slowly and repeat on the left leg. Repeat 3-5 times. Make sure you don't stick your bottom out!



If you have problems/concerns, talk to a physiotherapist.