



SIDELYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, raise your top knee upwards while keeping your feet in contact the entire time. Lower back down and repeat.

Repeat 15 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Times a Day



Do not let your pelvis roll back during the lifting movement.

Video # VVZLS2CSB



SIDELYING REVERSE CLAM SHELL - REVERSE CLAMSHELL

While lying on your side with your knees bent, raise your top foot towards the ceiling while keeping contact of your knees together. Then, lower back down to original position.

Repeat 15 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Times a Day



Do not let your pelvis roll forward during the lifting movement.

Video # VV3B5G99F



HIP ADDUCTION - SIDELYING

While lying on your side, slowly raise up your bottom leg towards the ceiling. Keep your knee straight the entire time.

Repeat 15 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Times a Day

Your top leg should be bent at the knee and your foot planted on the ground supporting your body.

Video # VV2ZBYYNW



HIP ABDUCTION - STANDING

While standing, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

Use your arms for balance support if needed for balance and safety.

Video # VVWVJJHEQ

Repeat	15 Times
Hold	1 Second
Complete	2 Sets
Perform	1 Times a Day