

Clamshells

The Clamshell exercise serves various functions, including strengthening your hips, inner and outer thighs, and stabilizing your pelvic muscle. The clamshell exercise is also used to reduce lower back pain by strengthening the core and lower back muscles.

Targeted Muscles: Lower back, external hip rotators, glutes.

Action Desired: Relieve lower back pain, strengthening the hips.

Steps:

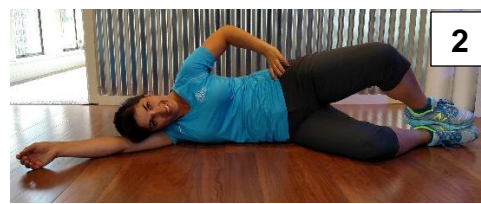
1) Lay on your side with your knees bent, keeping your legs and ankles together. Keep your shoulder, hip and ankle in a straight line (Fig.1). You can rest your head on your outstretched arm during the exercise or use a pillow.

2) Place your other hand on your hip, and then open and close your knees like a clam by lifting your top knee up until its parallel with your hip. Keep your ankles together throughout the exercise (Fig.2).

Note: As you open your hips, be sure not to rock your body back.

Modified Exercise: To add resistance, place a band around both legs just below your knees (Fig.3). This will intensify the movement.

Repetitions: Perform 15-20 reps, three times a day.



*** If these movements cause any pain or discomfort, please consult with your chiropractor.**