

Exercise Prescription: Advanced Clamshell

Purpose of Exercise:

This exercise helps to properly activate the gluteal muscles in a side-lying position in order to enhance pelvic movement, function, and stability.

Frequency:

5-10 reps, 3-5 times per day.

Starting Position:

Start lying on your side with your head resting on your bottom arm and neutral spine. Knees are bent with hips, knees, and ankles stacked in alignment. Place your top hand on your lower ribs. You will use diaphragmatic breathing during this exercise.

Exercise Description:

Inhale, fill belly like a balloon, lower ribs out to the side, fill pelvis with air, exhale, kegel lift. On an exhale with a kegel, lift the top leg off of the bottom leg, allowing the ankles to separate. Keep your spine neutral and avoid rolling backwards or forwards with your body. Legs should be parallel to each other.

Remember that some minor new pains or discomfort during the exercise are normal and expected. You are waking up muscles that you don't normally use. If the discomfort worsens with each repetition, discontinue exercise and notify your chiropractor.

Picture:

