



The Clam: Gluteus Medius & Minimus Retraining

1. Lie on your left side with the shoulders and hips perpendicular to the table.
2. Bend the hips and knees to 45-60 degrees.
3. Lift the top knee towards the ceiling, keeping the feet in contact, as shown.
4. Hold for 5-7 seconds and repeat until onset of fatigue.

Caution: *Do not allow the pelvis to roll Backwards.
Emphasize the movement occurring at the hip.*