

The clam

Lie on your side with your head resting on a pillow.

Bend your hips and knees keeping your shoulders hips and ankles in a line. (Initially you may find it helpful to line yourself up against a wall or another straight surface) (Fig A).



Keeping your heels together slowly separate your knees. Use the muscles in your buttock and lift the top leg (Fig B), hold and slowly lower the knee to the starting position.

Do not let your hips roll backwards, you should feel this exercise working over your bottom.

Repeat as directed by your physiotherapist.



For a video demonstration of this exercise please press '**Ctrl**' and click [HERE](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.

NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.