

# CLAMSHELL



1. Lie on your side on a bed (away from edge) with legs bent & knees stacked. Hips should be at 60-degree angle.
2. Keep bottom leg still for balance & lift top knee toward ceiling (6-8 inches max) with feet together.
3. Slowly lower top leg. Repeat 8 times.
4. Roll onto your other side. Repeat with other leg.
5. Work up to 3 sets of 8 on each leg. Take a break between sets.

## GOOD FOR

Lower body strength especially hips  
Getting in/out of bed  
Getting in/out of tub or shower  
Stairs and curbs

## REPEAT

2-3 times daily

## TIPS

- Keep hips stacked & aligned as knee lifts
- Slow & steady
- Use arm or pillow to support head
- Keep stomach tight & remember to breathe!

## READY FOR MORE?

Increase repetitions  
Add a resistance band around legs, just above knees