
Clams

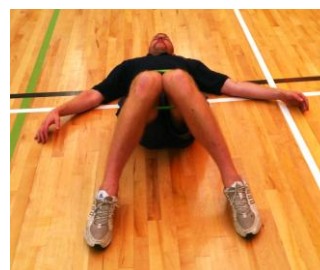
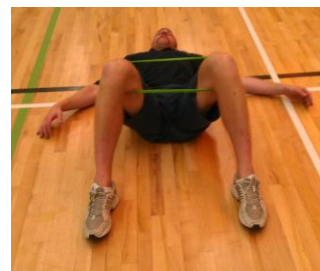
Level One: Seated

Sitting in a seat, neutral spine, core engaged. Place a theraband/mini-band around both feet and position just above the knees, place your feet hip width apart. Push out against the theraband/mini-band, concentrate on activating your glutes, keep your feet shoulder width apart and toes pointing ahead. Avoid rotating the hips or leaning forwards to increase your range of movement. As you push the knees out, take them just outside of hip width. Avoid rotating the ankles to increase your range of movement (feet should stay flat on the floor).



Level Two: Supine – start with no mini band then progress to a mini band

Lying on your back, feet shoulder width apart, theraband/mini-band placed just above the knees. Hands by your side, keeping your feet flat on the floor, start with your knees touching, avoid rolling the ankles in/out (feet stay flat on the floor). Push out against the theraband/mini-band until your knees are out to hip width (alignment ankles, knees, hips). Under control return to the start.



Level Three: Lying – start with no mini band and progress to a mini band

Lying on your side on the floor, keep both knees bent and flex the hips 30 degrees. Keep the heels in line with the hips. Keep your heels touching and keeping the pelvis still, open your knees by contracting your glute medius. Ensure the hip does not rotate to increase your range of movement. The hips should stay aligned (directly above each other) and the heels stay in contact with one another.

