



Clam Shell-Side Lying Leg Lift with Outward Rotation

Purpose: Strengthens the gluteus medius muscle which helps with standing and walking



- Lie on your side with both hips and knees bent so that the legs are relaxed
- Tilt the pelvis so that the waistline is against the floor
- Place 1-2 pillows between your legs
- Keeping the heels together, slowly turn the entire top leg outward so that the kneecap rotates upward slightly with a small movement
- Don't let the pelvis or back move, the motion is at the hip joint
- Don't push down with the bottom leg
- Return the leg to the starting position & Relax
- Repeat 3-10 times or until fatigue on both the right and left sides
- Perform 1-2 times daily
- Progression of exercise: Perform as described above with the top leg straight