

Lateral Hip Rotation/Clam Shell



- Keeping pelvis still and one hip atop the other, roll knee up and out on the inhale, exhale down slowly.
- Feet stay in contact as the upper rolls on the lower.
- Try to make the movement smooth and hydraulic.
- Repeat for ____ breaths; repeat ____ times; ____/day.

Lateral Hip Rotation/Clam Shell



- Keeping pelvis still and one hip atop the other, roll knee up and out on the inhale, exhale down slowly.
- Feet stay in contact as the upper rolls on the lower.
- Try to make the movement smooth and hydraulic.
- Repeat for ____ breaths; repeat ____ times; ____/day.

Lateral Hip Rotation/Clam Shell



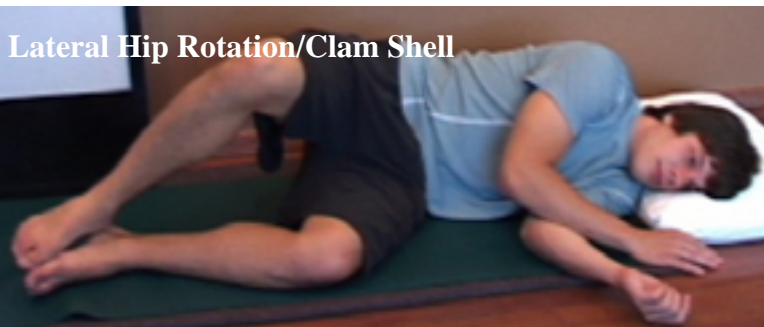
- Keeping pelvis still and one hip atop the other, roll knee up and out on the inhale, exhale down slowly.
- Feet stay in contact as the upper rolls on the lower.
- Try to make the movement smooth and hydraulic.
- Repeat for ____ breaths; repeat ____ times; ____/day.

Lateral Hip Rotation/Clam Shell



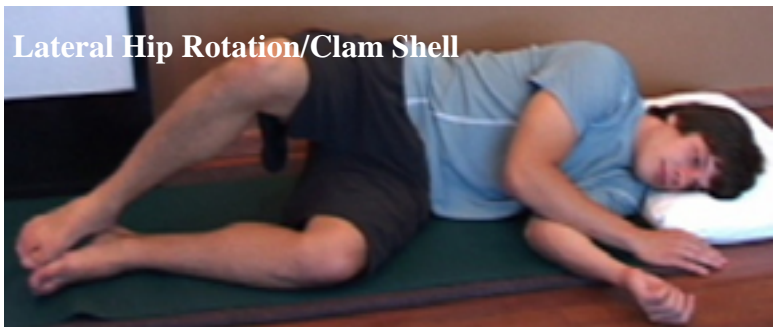
- Keeping pelvis still and one hip atop the other, roll knee up and out on the inhale, exhale down slowly.
- Feet stay in contact as the upper rolls on the lower.
- Try to make the movement smooth and hydraulic.
- Repeat for ____ breaths; repeat ____ times; ____/day.

Lateral Hip Rotation/Clam Shell



- Keeping pelvis still and one hip atop the other, roll knee up and out on the inhale, exhale down slowly.
- Feet stay in contact as the upper rolls on the lower.
- Try to make the movement smooth and hydraulic.
- Repeat for ____ breaths; repeat ____ times; ____/day.

Lateral Hip Rotation/Clam Shell



- Keeping pelvis still and one hip atop the other, roll knee up and out on the inhale, exhale down slowly.
- Feet stay in contact as the upper rolls on the lower.
- Try to make the movement smooth and hydraulic.
- Repeat for ____ breaths; repeat ____ times; ____/day.