

Patients name:

Program date:

Clam

Level 1

Starting position: Side lying. Underneath arm outstretched in alignment with the trunk with your head resting on this arm. Hips bent up to approx. 45° and knees bent up to approx. 90°. Shoulders and hips stacked. Top hand resting on the floor. Draw the top hip downwards away from the top shoulder to create a small space between your waist and the mat.

Action

- INHALE to prepare
- EXHALE, lift the top knee upwards keeping the feet together
- INHALE, lower the top knee onto the bottom leg

Reps: 10



Therapists signature _____