

Tennessee Back Pain Center

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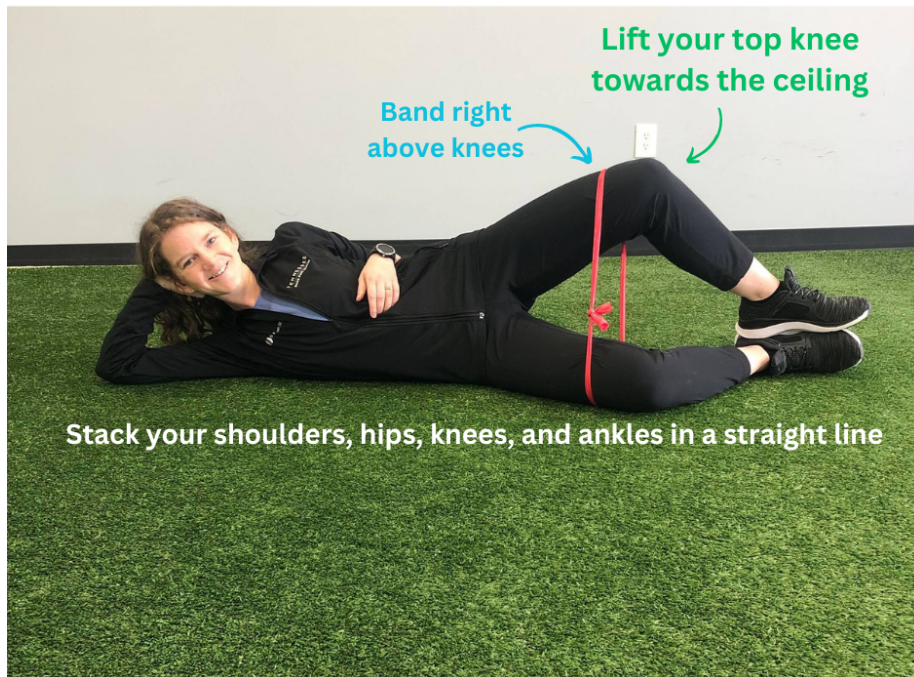
Clam Shells – Exercise Instructions

- This exercise is performed laying on your side on a flat surface.
- Stack your legs on top of one another
- Pull your legs up so there is a 45-degree angle in your knees.
 - This should make your ankles, knees, and hips in a straight line. If not, adjust accordingly.
- From here, raise your top knee up towards the ceiling, while keeping the feet together.
- Return to the starting position and repeat 10 times.
- Flip over and perform the same exercise on the opposite side.
- Perform 3x per day OR as prescribed by your doctor.
- Note:
 - You should feel this exercise on the side of your buttock. If you are experiencing pain or discomfort elsewhere, please stop and consult your doctor.
 - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.



Clam Shell

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