

IMG Physical Therapy

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CLAMSHELLS EXERCISES

Rehabilitation of the Legs & Lumbar spine can take a long time. A loss of strength is common after an injury or surgery; however, the strength and range of motion can be regained. It may become frustrating at times but you can be successful with hard work and a lot of determination.

When you are exercising on your own there are some things to remember....

- ◇ Any specific exercise that causes pain is hindering the healing process for your injury and should be modified or discontinued.
- ◇ Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance; lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- ◇ Most exercises that do not involve the injured region can be done as long as the exercise does not increase the pain.
- ◇ When in doubt about how much weight/resistance to use for exercises, guess low. It is safer and easier to add weight/resistance than to hurt yourself with too much weight.
- ◇ Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises are to be done 3 to 5 days per week.
Perform 2 sets of 15 repetitions for strengthening exercises

Ice / Moist Heat for 15 minutes before / after exercising.

Clamshell Exercises

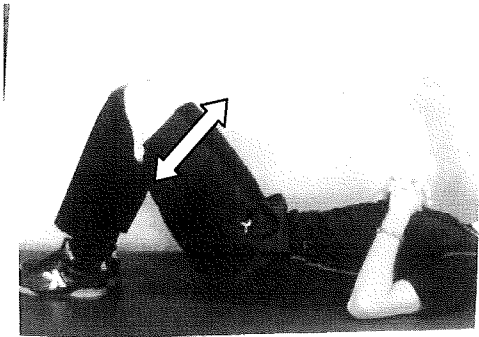


Figure 1. Clam shell supine.

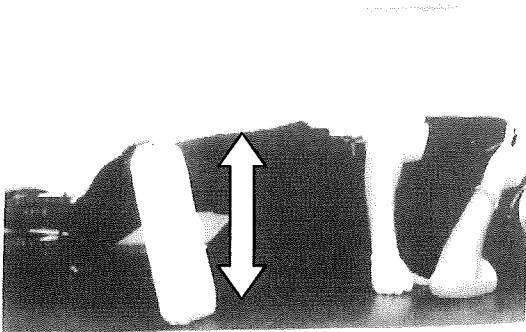


Figure 2. Clam shell sidelying.

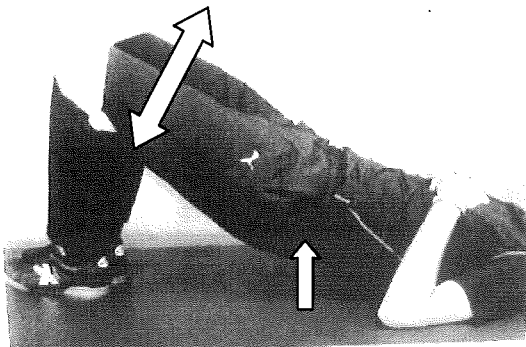


Figure 3. Clam shell bridge.

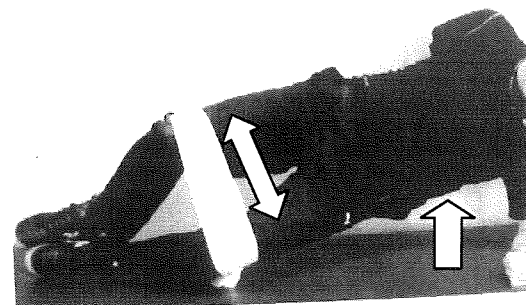


Figure 4. Clam shell plank.

STEP 1

While lying on your back, knees bent, place Theraband around your legs above your knees. Open and close your knees SLOWLY (keeping feet together). Repeat **2 sets of 15 repetitions**

STEP 2

While lying on your side, bend your knees and stack your legs on top of each other. With the Theraband above your knees, open and close your knees SLOWLY, while keeping your feet where they are. Repeat **2 sets of 15 repetitions**

STEP 3

While lying on your back, place theraband above your knees. Then lift your backside up off of the table(bridge). Maintaining the bridge position, open and close your knees SLOWLY. Repeat **2 sets of 15 repetitions**

STEP 4

While lying on your side, the theraband above your knees, prop yourself up onto your elbow and feet. While holding yourself in that position, open and close your knees, keeping your feet where they are. Repeat **2 sets of 15 repetitions**