

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.

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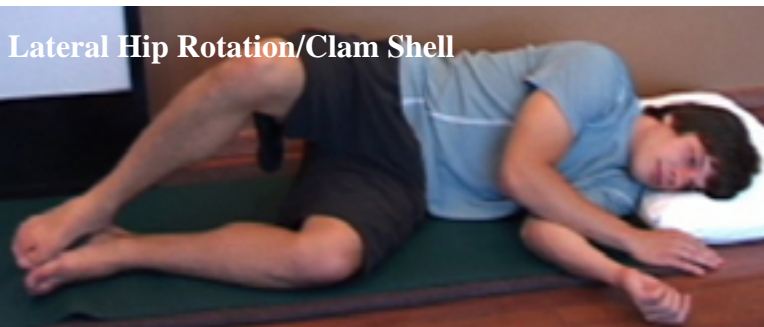
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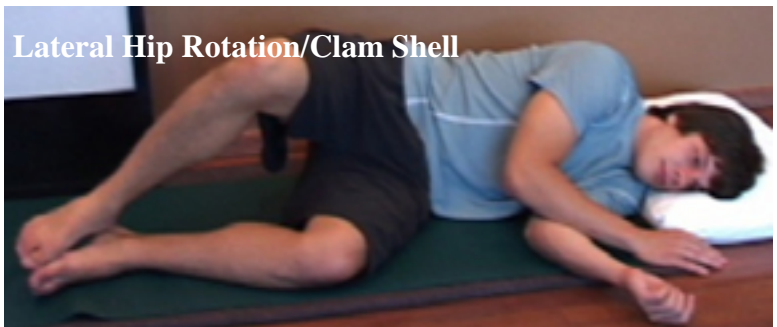
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