



Side Lying Bent Knee Hip Abduction “Clams”

Purpose:

Strengthen hip abduction.

Benefit:

Improve hip stability creating a more stable base for backswing and down-swing positions.

Instructions:

Lie in side lying position with legs bent and together. Place hand on outside of top hip. Raise knee up, keeping hip/pelvis from rotating outward. Hold at top 2-3 seconds, release back down slowly. Repeat.

Quantity:

Do _____ reps _____ sets on _____ side(s).

