

Clam

- Lay on your side, legs are at a 45 degree angle, with a pillow or towel below your head so your neck is in neutral spine. Make sure the shoulder you're laying on is not angled up but even with your other shoulder. If that hurts, bend your elbow and put it underneath your head.
- Your other hand will be either on your hip or the ground
- With your hips at a 45 degree angle, bend your knees to a 90 degree angle
- With your heels together, open your knees

