

# MILLS CHIROPRACTIC CENTER

724-548-7999 [www.millschiropractic.com](http://www.millschiropractic.com)

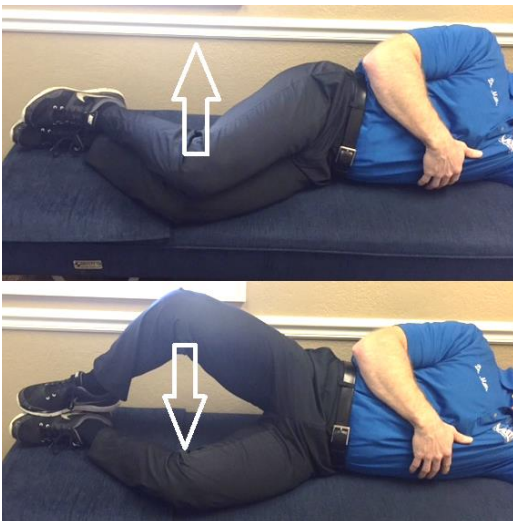
## Gluteus Medius Crab Walk



While in a standing position, place an exercise band around your lower legs. Keeping one leg stationary, raise your other leg out to the side against resistance from the band. Keeping the leg you just moved stationary, now slowly bring your other leg to meet the stationary leg then repeat in the opposite direction.

Perform three sets of 10 with a 30 second break between sets.

## Clam Shell Exercise



Begin side lying against a flat wall with ankles together and knees bent. Lift the upper knee off the lower knee, rotating the hip out as you do so. Then slowly lower the upper knee back to the starting position. Keep the pelvis still throughout the exercise.

Perform three sets of 15 with a 30 second break between sets.