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## Bottom and Hip Strengthening Exercises

These exercises will strengthen your bottom muscles to help reduce back, pelvis and knee pain. They will also make keeping good posture easier.

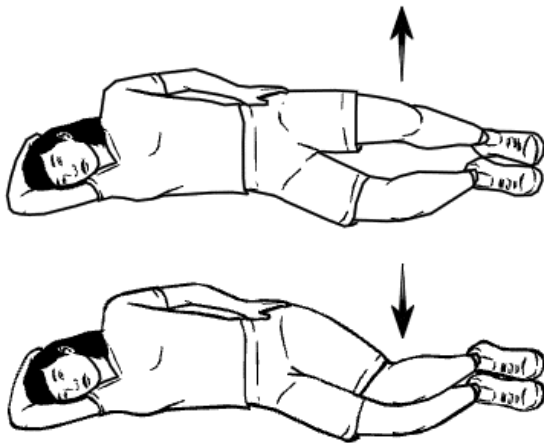
Aim to do 3 x 10 repetitions of each exercise every second day. Quality is more important than quantity so build up slowly.

### 1. Clams

Starting position – lie on side with knees bent making sure shoulders, bottom and feet are in a straight line.

Keep your pelvis still and your heels together while you lift only your top knee.

Return to starting position



### 2. Straight leg

Start in the same starting position as above, except straighten your top leg only. Make sure your leg is slightly behind your hip.

Keep your pelvis still and lift only your top leg straight up keeping it behind the line of your hip.

Return to starting position

### **3. Figure "8"**

Start in the same starting position as above for exercise 2.

Keep your pelvis still while you trace the number "8" with your foot, making one circle in front of the line of your hip and one behind the line of your hip.

Return to starting position