

Modified Clam Shell



1. Lie flat on your back, with your surgical leg (the leg you had surgery on) fully extended.
2. Bend your non-surgical leg (the leg that you did not have surgery on) so your foot is flat on the ground.
3. In a controlled motion, **keep your foot and hip in line** and rotate your knee **outward** toward the ground.
4. Bring your knee back to center, **flexing your inner thigh** as you do.

Repeat for ___ repetitions and ___ total sets.

Scan the QR code to watch a video demonstration of this exercise.



Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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