

### 3 Knee lift

*Purpose:* This works on stabilizing the pelvis while the legs move.

*Starting position:* Lie on your back with knees bent, feet flat on the floor and core engaged **(a)**.

*Exercise:* Pick one foot off the floor and lift the leg (keeping it bent). Stop lifting as soon as the pelvis starts to move or twist. Lower and repeat **(b)**. Repeat 10 times per leg.

**Tip** If it's hard to do this without the pelvis moving, start with both knees already lifted off the floor **(c)**. Then increase the lift on one leg until there is movement in the pelvis.

**a**



**b**



**c**



### 4 Clam

*Purpose:* To activate the gluteus medius, an important hip stabilizer, and "switch off" a hip muscle called the tensor fasciae latae (TFL), which can cause lots of problems when overactive.

*Starting position:* Lie on your side with your spine in a neutral position and the legs stacked **(a)**. Bend your knees to 90 degrees and your hips to 45 degrees.

*Exercise:* Keeping the feet together, lift the top knee approx 5 cm and hold for 10 seconds **(b)**. Repeat five times.

**Tip** Feel the muscle at the front of your hipbone, the TFL: try to keep this relaxed. If it starts to contract, lower the knee slightly.

**a**



**b**

