



## the fix program®

### The Clam Exercise: finding deep bottom muscles

The bottom muscles also act as core stabilising muscles. The bottom muscles are arranged in layers of muscle like your abdominal and back muscles.

The deep bottom muscles are important for stabilising your hips, pelvis and low back area. The bottom muscles are called “gluteals” or “gluts”. The Gluteus Minimus and Medius muscles are located in deep. The Gluteus Maximus is the larger and more superficial bottom muscle.

The deep part of the Gluteus Maximus is being talked about as “a new muscle” and it is thought that the deep sacral gluts might also be “switched off” in people with back pain.





## the fix program®

### The Clam Exercise: finding deep bottom muscles

#### Starting Position

- Lie on your side in a straight line
- Place your arm under your head as shown in the picture
- You might like a cushion in between your arm and head to align your neck if your shoulders are wide
- Bend your knees up but keep your feet lined up with your back and bottom
- Lengthen the top waist and lift the bottom waist up off the mat slightly

#### The Movement

- Breathe in to prepare, breathe out and activate your core muscles and pelvic floor
- Breathe in again and slowly roll up the top leg, opening at the hip and knee but keep your feet together
- Keep your core muscles on if you can
- Breathe out and roll the leg back down slowly
- Repeat 8 times on each side

#### Hot Tips

Try to do the exercise in front of a mirror to check alignment

Keep the waist long

Lengthen the top hip away from the ribs

Keep the pelvis neutral position

Go extremely slowly in this exercise to really feel it

Keep your leg quite heavy through the movement

