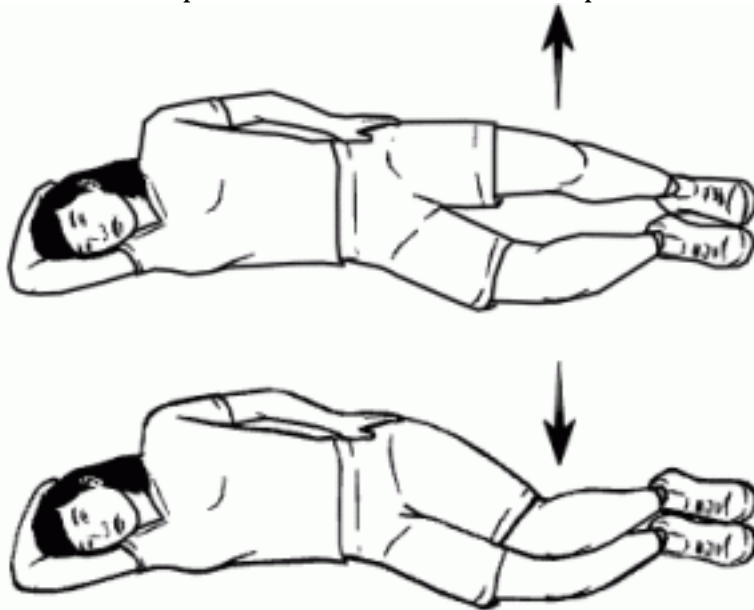


This month I want to mention a very simple exercise that can be helpful in finding and utilizing the lateral rotators of the hip. The name of this exercise is clamshells and done in a side lying position. This exercise can be done with the hips and knees bent, and a progression of this exercise would be to have the hips straight (or almost straight) and knees bent. The reason that this exercise is important for the dancer, particularly the ballet dancer, is that we need to be able to hold and control our “turnout” from our hips. If we do not know how to find “turnout” in the hips, we might try to use our feet or knees or use friction from the floor, which can result in either injury or poor technique. As suggested last month, before starting class, it is likely that you will need to spend a minute doing a stretch to open up the front of the hips, a great follow-up to that stretch would be to do the clamshell exercises in order to warm up the lateral rotators of the hip.



This exercise should be done in a neutral sidelying position with your core engaged. Although the knee is moving toward the ceiling the motion is happening where the leg inserts into the pelvis. Fatigue should occur around your back pocket, not at the front of the hip.