



# Home Exercise Program

Coastal Orthopedics and Sports Medicine  
14 Thomas Point Road. Brunswick, ME 04011



Training start date 3/16/2020

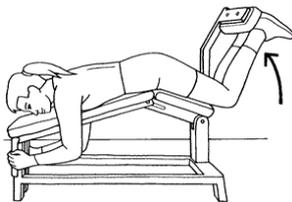


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## Cardio

### Treadmill Running

Stand on the treadmill. Slowly build up your speed. Walk with controlled and regular steps or jog, letting your hands swing at your sides.



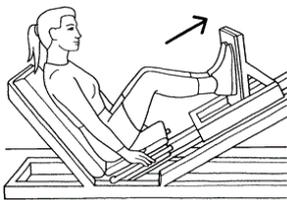
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## Hamstrings

### Leg Curl

Start by lying prone on the machine, your hands holding the front panel. Bend your legs up against the resistance. Keep your hips on the bench. Curl your toes.

Avoid an arch in your low back by keeping your stomach tight!  
3 sets of 15 reps



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## Quadriceps

### Inclined Leg Press

Start by sitting in the machine, legs bent, and your feet pointing slightly out and even with your hips. Push back the foot plate with both feet. Working range of motion should have your knees bending from 90-60 degrees. Your knee should stay over your toes.

3 sets of 15 reps



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Stand with your feet hip width apart. Place a bar behind your shoulders. or hold a weight in front of your chest.

Squat, so that your knees are above your toes. Stop when your thighs are parallel to the floor. Keep your back in a neutral position.

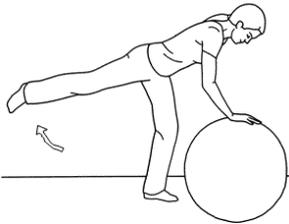
Repeat 15 times. 3 sets



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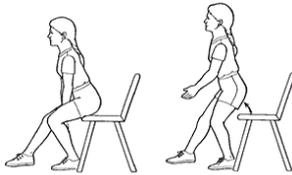
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Standing. holding a weight in your hand  
Slowly lean forward and at the same time straighten and sweep one leg behind you. Keep your chin tucked in and your back straight.

Repeat 15 times. 3 sets each side

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1. Sit on edge of chair as shown, with left foot closest to chair
2. Stand upright, letting the other leg help as little as possible
3. 10 repetitions, 3 sets

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Stand.

Lift your leg and point your foot forward, then to the side, as if touching the numbers on a ground clock  
bend the left knee each time to reach further  
Repeat 12-6 o'clock, 5 times

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Complex Leg

Step Ups

Stand with one leg on a small box. Step up onto the box with your other leg while moving your arms upwards.  
jump and switch legs in the air. alternate legs each time.

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20 times, 3 sets