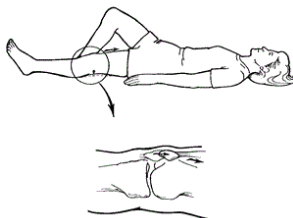




Home Exercise Program

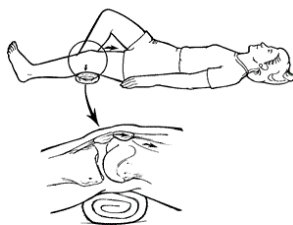
Coastal Orthopedics and Sports Medicine
14 Thomas Point Road. Brunswick, ME 04011

Training start date 3/16/2020



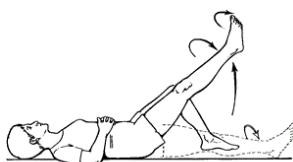
1. Sit or lie on your back with right leg straight
2. Press the back of your knee downward
3. This will tighten the muscle on top of your thigh and move your kneecap as shown
4. Hold 5 seconds
5. 15 repetitions, 2-3 times per day

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1. Sit or lie on your back with leg straight
2. Place a small towel rolled under your right knee
3. Press the back of your knee downward
4. This will tighten the muscle on the top of your thigh and move your kneecap as shown
5. Hold 5 seconds
6. 15 repetitions, 2-3 times per day

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1. Lie on back with right knee straight and the other knee bent as shown
2. Keep the leg completely straight with toes pointed outward, then raise it 12 inches
3. Hold 5 seconds and slowly lower
4. 3x10 repetitions, 2 times per day

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Lying with your knees bent and feet on the floor hip width apart. Place loop of band around knees.
While keeping one knee still, pull the other band out to the side, slowly return and do ten reps. Repeat exercise on the other side until you have done 3 sets of 10 reps on each side. Keep your back flat on the floor during the exercise.

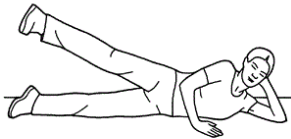
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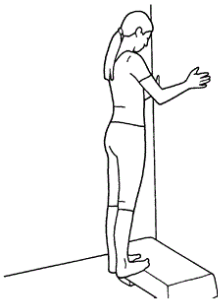


Lying on your side supporting yourself on your elbow. Roll top hip slightly forward, use top arm to support yourself in front.

Keeping top leg straight lift it up towards the ceiling. Make sure the leg stays in line with your body and toes point forwards.

Repeat 10x3 times.

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Stand on a step with both heels over the edge. Hold on to a support.

Let the weight of your body stretch your heels towards the floor.

Hold for 20 seconds and repeat 5 times, 2-3 times a day.

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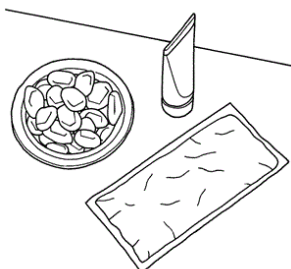


Stand with the leg to be stretched on a footstool or one of your stairs.

Flex your ankle and push the heel towards the footstool keeping your knee straight. Hold approx. 20 secs. - relax. Then bend your upper body forwards from your hips keeping your back straight. You should feel the stretching behind your knee and thigh.

Repeat 3-5 times.

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Ice for 10-15 minutes as needed for pain or after exercises.

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