



## 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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Lay on your stomach with one arm and leg of the same side lying straight on the floor. Bend the other leg, Hold your ankle and pull it gently towards your buttocks until you feel a stretch in your thigh. Keep your hips on the floor.

use a belt around your ankle to pull if you are not able to reach your ankle

Avoid an arched low back posture.

Hold 20 seconds

repeat 3-5 times



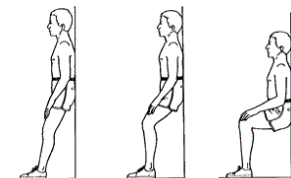
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Sit on the floor with one leg straight and the other bent with your arms around it.

**ADD A HEAVY BOOT TO INCREASE DIFFICULTY**

Try to straighten your leg and lift it off the table or floor for 5 secs. - relax.

Repeat 20 times.



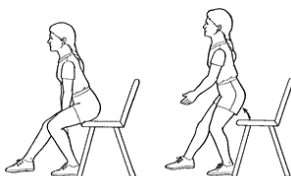
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1. Stand with back against wall, feet shoulder width apart and 18 inches from wall

2. Slowly slide down wall until you are in a "chair position" **BAND AROUND YOUR ANKLES**

3. Hold 20 seconds

4. 5 repetitions



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1. Sit on edge of chair as shown, with foot closest to chair

2. Stand upright, letting the other leg help as little as possible

3. 8-10 repetitions, 3 sets



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Stand sideways on a step with one foot hanging over the edge of the step.

Slowly bend your knee allowing your other foot to brush the floor.

Repeat 12-15 times. 3 sets

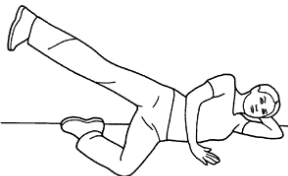


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Stand with your legs apart and feet parallel.

Transfer your weight from one leg to the other, AS YOU SIDE STEP DOWN A HALLWAY WITH THE BAND AROUND YOUR ANKLES

Repeat 20 times. EACH DIRECTION, 3 TIMES



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Sidelying. Keep the leg on the bed bent and the upper leg straight.

Lift the upper leg straight up with ankle flexed and the heel leading the movement.

HOLD 5 SECONDS

Repeat 20 times.



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Stand.

Lift your leg and point your foot forward, to the side, and to the back as you bend your stance leg

Repeat 15 times.