



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

Cycling

Start by sitting on the ergometer. Position the saddle so that your knees are not fully extended.



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Stand with your legs crossed and holding on to a support.

Keeping your body, knees and feet straight forward slide your front leg backwards until you can feel the stretching on the outside of your hips and thighs. Hold approx. 20 secs. - relax. Repeat with the other leg in the front.

Repeat 3-5 times.

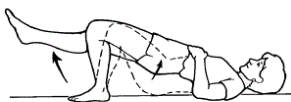


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Stand facing a wall. Put your foot against the wall keeping your heel on the floor.

Bring your pelvis forwards and feel the stretch in your calf.
hold 20 seconds

Repeat 5 times.



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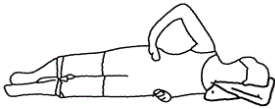
1. Lie on back with _____ leg bent as shown
2. Tighten buttocks and raise them off floor as high as you can
3. Keep pelvis level
4. Hold _____ seconds, slowly relax
5. _____ repetitions, _____ times per day



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Lying on your side with both hips and knees bent slightly.

Stabilization: Keep abdominals tight.

Lift top knee up and keep ankles together. Do not rotate pelvis.

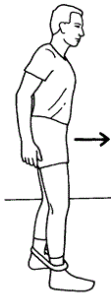


exercise band above your knees.

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Hold 5 seconds.

Repeat 12-15 times. 3 sets

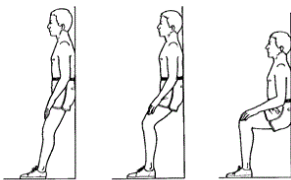


Hip Abductors

Theraband Walking

Start in a standing position. Put a theraband loop around your ankles. With your legs apart, start walking so you feel a burn in your abductors. repeat 30 feet, 4 laps

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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"
3. Hold 20 seconds
4. 5 repetitions

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