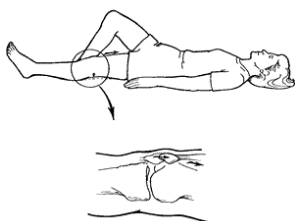




## Home Exercise Program

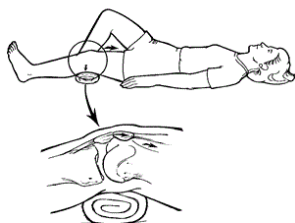
Coastal Orthopedics and Sports Medicine  
14 Thomas Point Road. Brunswick, ME 04011

Training start date 3/16/2020



1. Sit or lie on your back with 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. 20 repetitions, 3-4 times per day

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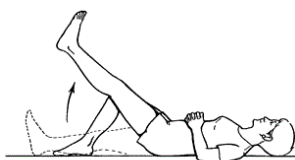
1. Sit or lie on your back with leg straight
2. Place a small towel rolled under your knee
3. Press the back of your knee downward
4. This will tighten the muscle on the top of your thigh and move your kneecap as shown
5. Hold 5 seconds
6. 20 repetitions, 3-4 times per day

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1. Lie on side with leg on top
2. Bend lower leg slightly
3. Raise top leg straight up, without letting it come forward
4. Hold 5 seconds, slowly relax
5. 20 repetitions 3-4 times per day

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1. Lie on back with knee straight and the other knee bent as shown
2. Keep the leg completely straight, then raise it 10 inches
3. Hold 5 seconds and slowly lower
4. 20 repetitions, 3-4 times per day

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## Home Exercise Program

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

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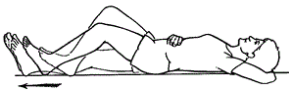
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1. Lie on back holding leg with towel as shown
2. Keep the opposite leg straight on the floor
3. Hold 20 seconds
4. 3-5 repetitions

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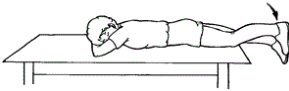
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1. Lie on bed or table as shown
2. Slowly move your heel backward to bend your knee so that you feel a stretch
3. Hold 20 seconds
4. 5 repetitions, 3-4 times per day

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1. Lie on a table or bed with feet hanging over end as shown
2. Slowly allow gravity to extend the knee
3. Hold 2-5 minutes
4. 3 times per day

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Place ice around your knee with your heel propped up in a chair or coffee table.  
hold 10-20 minutes

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