



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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This is a slightly more advanced strengthening program. You may need to continue some of the initial exercises, especially if you are still working on regaining range of motion (ROM).

Be mindful of your posture, complete the exercises with control and breathe!



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1. Lie on your back with knees bent and feet on the floor.
2. Lift your pelvis and lower back (gradually vertebra by vertebra) off the floor.
3. Hold the position emphasizing weight through your heels
4. Lower down slowly returning to starting position.

Repeat 8 - 12 times, 2x per day



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1. Lie on your back with one leg straight and the other leg bent.
2. Tighten your thigh muscle by pushing your knee down then raise your straight leg 4-6 inches'
3. Hold 3-5 seconds, lower slowly
4. Repeat 8 - 12 times, 2 times per day



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1. Lie on your side with your top leg straight and bottom knee bent, gently draw in your stomach muscles
2. Align your top shoulder, hip, knee and ankle
3. Lengthen the top leg and keep it slightly pulled back (as if you were dragging your heel up the wall behind you)
4. Lift and lower toward the ceiling (6-8 inches)
5. You should feel this exercise in your outer buttock
6. Repeat 8-12x, 2 timer per day



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1. Lie on your side with your knees bent. Tighten your pelvic floor muscles and gently pull your lower stomach in.
2. Lift your top knee as far as you can, without letting your pelvis rotate forward or back.
3. Keep your feet together during the exercise.
4. You should feel this in your outer buttock
5. Repeat 8 - 12 times. 2 times per day



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1. Sit with your hands on your shoulders or held out in front of you
2. Spread your feet and knees apart in a comfortable "squat position"
3. Lean forward and stand, keeping your knees apart
4. Continue to keep your knees apart and slowly lower back into the chair
- 5 Repeat 8 - 12 times. 2 timer per day