



Centers for
Orthopaedics
Experience in Motion

33 Sewall Street
Portland, ME 04102
(207) 828-2100

www.orthoassociates.com

STRETCH CORD HOME PROGRAM

- Warm up (i.e. stationary bike, walking) and stretch prior to workout.
- Unless otherwise indicated, perform one set of each exercise for 15-20 reps using a resistive cord with handles at either end. Add a second set as able.
- ***Squats***—standing with cord under both heels with about 8-12” of cord between your heels and the handles; pull both handles up to your hips and then squat up and down smoothly without pausing on the way up or down.
- ***Hamstring curls***—sitting up straight with the cord behind the involved heel, pull back and then extend forward.
- ***Forward resistance squats***—standing with cord around waist belt, facing the cord and attached in front up overhead, squat back and down smoothly without pausing on the way up or down.
- ***Squat marching***—standing with cord around waist belt, facing the cord and attached in front overhead, go down into a squat position, stay there and lift alternate knees.
- ***Lateral arcs***—standing with cord around waist belt, facing the cord and attached in front overhead, squat down and then shuffle back and around in a semi-circle making sure to stay down in the squat position the whole time.
- ***Lateral leaping***—standing with cord around waist belt, side to cord and attached in the opposite direction at waist height, leap out away from the cord and land with inside foot off the ground and then back., making sure to stay in a squat position and keeping knees soft.
- ***Forward running***—standing with cord around waist belt, facing away, squat down and try running away from band staying on your toes. 3-5 sets of 30 seconds.
- ***Backward running***—same as above, but facing the cord running backwards against the cord. 3-5 sets of 30 seconds.
- ***Step-ups***—cord around waist belt, facing away and pulling from behind lower, step up onto a 4-6” step with slow, smooth movements.
- ***Step-downs***—cord around waist, facing towards and pulling from the front lower, step forward off of a 4-6” step keeping the weight back on the heel.



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- **Single leg squats**—cord under one heel and holding on to a table with opposite hand, squat down and up smoothly