



Home Exercise 101

with Towson Sports Medicine

In-person or Virtual Consultations to Build Your Home Exercise Plan

Do you want to get the most out of your at-home workouts? Towson Sports Medicine's team of Certified Strength and Conditioning Specialists and athletic trainers can help you build a custom home exercise plan, to help you exercise efficiently and gain confidence in your independent workouts.

Home Exercise 101 Program Features & Benefits

- Flexible program - available virtually or in-person
- Begin with a consultation to establish goals, so our team can provide recommendations
- Obtain the resources to design your own home exercise program including:
 - » Basic principles of modification/progression
 - » A combination of different exercises, including proper form and cues for each
 - » Recommendations for home exercise equipment

Home Exercise 101 services are self-pay. Pricing varies by individual plan.

Please note: In-person services subject to change based on the evolving COVID-19 pandemic

For more information call/text 443-470-3838 with your name and contact information or email towsonsportsmedicine@gmail.com



An affiliate of

UNIVERSITY of MARYLAND
ST. JOSEPH MEDICAL CENTER

towsonsportsmedicine.com



TOWSON SPORTS MEDICINE

TSM performs rehabilitation for all sports medicine and orthopaedic-related problems. Our comprehensive rehabilitative programs are customized for each patient, from those recovering from total joint replacement and spinal surgeries to recreational and competitive athletes. We are committed to delivering the highest level of care to all of our patients.

SERVICES

Physical Therapy
Hand Therapy
Athletic Training Services
Aquatic Therapy
Blood Flow Restriction
Concussion Management
Dry Needling
Cupping
Return to Sport
Runner & Thrower Evaluations
Vestibular Rehabilitation
Shoe Orthosis Fabrication
Upper Extremity Splint Fabrication
Osteoporosis Management

TOWSON SPORTS MEDICINE LOCATIONS

*Day and evening appointments available at all locations.
Saturday appointments available at Bellona Avenue location only.*

Towson

Ruxton Professional Center
8322 Bellona Ave., Suite 100
Towson, MD 21204
410-337-8847

TSM Ortho & Spine
7801 York Road, Suite 140
Towson, MD 21204
410-337-4024

Bel Air

Festival at Bel Air
5 Bel Air South Parkway, Suite N-13
Bel Air, MD 21015
410-569-8587

Abingdon

Absolute Sports Performance
1305 Governor Ct., Suites G, H
Abingdon, MD 21009
410-569-8587

Cockeysville

PerformFit Sports Experience
10880 Railroad Ave.
Cockeysville, MD 21030
410-616-1455

Rosedale

Seven Square Professional Building
9110 Philadelphia Road, Suite 314
Rosedale, MD 21237
410-616-1401