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ELLIPTICAL MACHINE TRAINING PROGRAM

Elliptical machines and other run simulators offer a nice introduction to the real thing with less impact on the knee joint. Try it at a low speed and resistance to see if you like the feel. As with any machine, make sure you are instructed in how to use it before climbing on. After any of my work-outs you should feel better, not worse.

Speed:

Slow = very easy "jog."

Medium = normal "jogging" pace.

Resistance:

Light = causes minimal fatigue, i.e. minimum increase in heart rate.

Medium = causes slight fatigue.

LEVEL A:

PURPOSE	Low impact wake-up - Get the blood flowing Introduction to jogging	
PROTOCOL	Activity	Time
	Slow speed / light resistance	5 min.
	Climb off for ROM stretching	5 min.
	Slow speed / light resistance	5 min.
		Total = 15 min.
COMMENTS	<ul style="list-style-type: none">• The elliptical machine is also a good place to warm-up prior to any workout.• Maintain a nice upright posture!• Stretch and ice afterwards.	

LEVEL B:

PURPOSE	Light strength, endurance, speed changes.	
PROTOCOL	Activity Slow speed /light resistance Medium speed /light resistance Repeat 2 more times	Time 3 min. 3 min. Total = 18 min.
COMMENTS	<ul style="list-style-type: none"> • Used as an intro to endurance training while increasing the speed of movement. • The point is not to get a big muscle burn, but rather tolerate the knee moving faster. • Stretch well after the workout! 	

LEVEL C:

PURPOSE	Aerobic training when Level B is completely comfortable and easy	
PROTOCOL	Slow Speed / Light Resistance Medium Speed / Light Resistance Fast Speed / Light Resistance Medium Speed / Medium Resistance Fast Speed / Medium Resistance Slow Speed / Light Resistance	5 min 5 min 5 min 5 min 5 min 5 min TOTAL: 30 minutes
COMMENTS	<ul style="list-style-type: none"> • “Fast” speed might not be “fast”, it is just faster than “medium”. Changing speeds is the key- not your actual speed. • Proper cool down is now part of your life. 	