

# BASIC STRENGTH TRAINING FOR THE LEGS

*“Rehabilitation doesn’t need to be complicated – it just needs to be done!”*

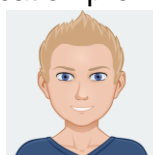
- In order to strengthen your muscles, it is important to challenge yourself.
  - Begin with an exercise or weight that is a challenge to complete the prescribed repetitions.
  - With time, this will become easier, so you should progressively make the exercise harder. You can do this by either increasing the difficulty of the exercise (eg more weight) or the number of repetitions that you do.
- You may find it easier to be consistent if you join a gym, complete the exercises with a friend or keep a log of your achievements

## Dosage

- Strength training should be completed no more than 3 times per week, with a day of rest in between each session
- For each exercise, you should complete 10-15 repetitions, with that the last one you complete being the last one that you can actually do.
  - Rest for 30-45 seconds and then repeat the same exercise twice more, for a total of 3 lots per exercise

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Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.



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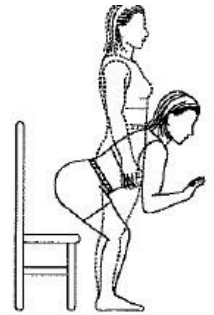
ORTHOPAEDIC RESOURCES FOR CLINICIANS WORKING IN THE EMERGENCY DEPARTMENT

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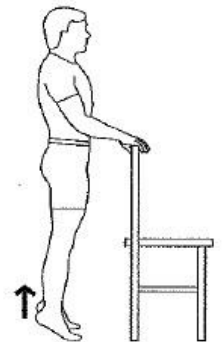
## Sit to stand

- From a sitting position, stand up from a chair
- Lower yourself down so that your bottom gently touches the chair and then stand up again
- Use your arms if needed at first, but progress to without as able.
- You can also decrease the height of the seat or hold onto a weight (eg bottle of water) to make it harder



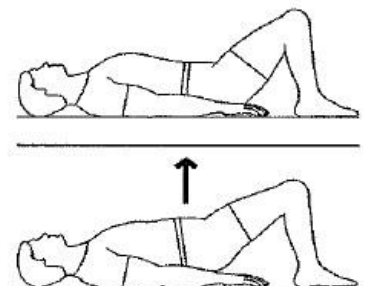
## Calf Raises

- Rise up on your toes and hold briefly before lowering down slowly
- Begin on two feet, but progress to one foot as able
- Aim for 15 in a row on either foot.



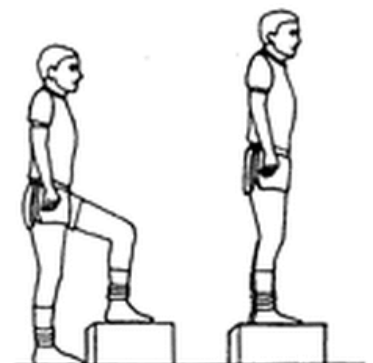
## Bridging

- Lying on your back with your knees bent up
- Lift your bottom from the ground and hold briefly before lowering down slowly – try not to use your arms if you can
- Start using two feet together, but progress to one foot at a time as able



## Step Ups

- Using a small step to begin with, stand up onto the step and then lower yourself back down slowly using the same leg. Complete your recommended number of repetitions, then swap to the other foot.
- To progress, use a higher step or add a weight (eg hold a bottle of water)



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