

Lower Limb Exercise Class

Patient Information

Physiotherapy Services

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Introduction

The lower Limb Exercise aims to help to recover from lower limb injury or surgery and helps people to increase their strength, function, and balance. We want to help people return to, or increase, their normal levels of activity.

We aim to help people return to work or and get back to completing their meaningful hobbies, interests, and daily activities.

We accept referrals for patients of all ages and abilities who are looking to improve the strength and function of their legs.

What will I need?

- Wear loose fitting clothing that is comfortable to move in.
- Wear supportive footwear such as a trainer or sport shoe.
- Patients are welcome to bring a drink but these will be provided if needed.
- There are appropriate changing facilities if you are coming from or going to work.

Risks

Before starting any exercise programme, it's advisable to seek advice from your GP or a health professional if you have any health concerns, such as a health condition or an injury. These can be discussed with your physiotherapist prior to referral into the group. They will advise you of any risks and/or modifications required.

What to expect












This is a physical, progressive exercise rehabilitation group (so be ready to exercise!). The group usually consists of up to 8 people, who are at varying stages of recovery for a variety of problems. It is quite a laid back, informal exercise group, and sessions usually last about 45 minutes to one hour.













You will be asked to complete questionnaires at the beginning and end of your treatment which we use to measure progress.

People usually attend for 6 sessions. The difficulty of the exercise programmes will be gradually increased according to progress, to work towards functional recovery goals.

An example of the exercise circuit used in the class has been included on the next page.

Exercises.

BIKE		OR	CROSTRAINER		OR	STEPPER	
							
WALL SQUAT		ADD WEIGHT		SINGLE LEG WALL SQUAT			
							
1		2		3			
DOUBLE HEEL RAISES		OFF A STEP		SINGLE LEG – swap 1 min			
							
1		2		3			
STEP-UP ALTERNATING		STEP UP BALANCE		HOLDING WEIGHT			
							
1		2		3			
STATIC BICYCLE		OR	TREADMILL				
							

BRIDGE DOUBLE LEG	BRIDGE MARCH	SINGLE LEG (swap 1 min)
		
1	2	3
SIT TO STAND	FREE SQUAT	ADD WEIGHT
		
1	2	3
SINGLE LEG THROW/CATCH		
		
MONSTER WALK BAND	ROUND ANKLES	ROUND FEET
		
1	2	3
ROMANIAN DEADLIFT (KETTLEBELL)	ADVANCED – SINGLE LEG	
		

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: https://www.wwl.nhs.uk/patient_information/leaflets/

This leaflet is also available in audio, large print, Braille and other languages upon request. For more information please ask in the department/ward.

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