



Monday #2

LOWER LIMB STRENGTH

Try to complete these exercises at least twice throughout the day to assist in maintaining or improving lower limb strength

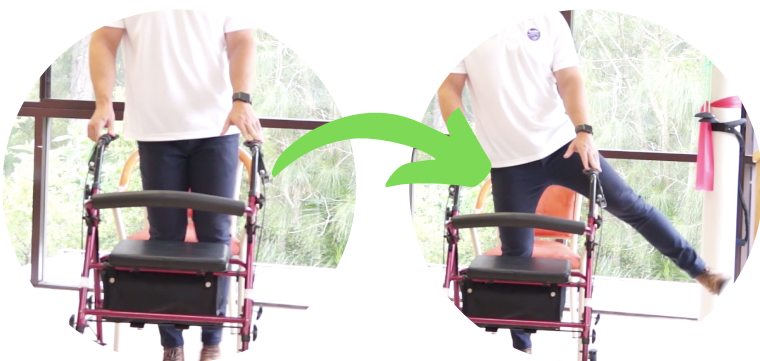
#1. MINI SQUATS



Instructions: Place a walker/chair in front and a chair behind. In standing, slowly bend your hips and knees as if you were going to sit into a chair. Go about half way down towards the chair and then stand back up. To make it harder, try holding on with one hand or no hands.

Guide: 2 x 10 efforts (up and down) or continuously for 30-60 seconds

#2. SIDE RAISES



Instructions: Place a walker/chair in front and a chair behind. In standing, slowly raise your leg out to the side. To make it harder, try holding on with one hand or no hands.

Guide: 2 x 10 efforts (up and down) or continuously for 30-60 seconds

#3. BACKWARDS RAISES



Instructions: Place a walker/chair in front. In standing, slowly raise your leg backwards. To make it harder, try holding on with one hand or no hands. For a variation, try bringing your foot backwards, and then bending your knee back up to hip level.

Guide: 2 x 10 efforts (up and down) on each leg or continuously for 30-60 seconds

If you start to feel unwell, dizzy, short of breath, experience chest pain or other pain - STOP - and press your call button.

You can find the full instructional videos at:
guidehealthcare.com.au/get-up-guide



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	Mini Squats	Side Raises	Backwards Raises
Week 1	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 2	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 3	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 4	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 5	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 6	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 7	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 8	Sets: Reps:	Sets: Reps:	Sets: Reps:

Don't forget to join us each Thursday at 11am for our live physiotherapist run exercise session on zoom.com. Simply download the zoom app on your phone, tablet or computer and use the

Meeting ID: 271-996-719