

Exercise Progressions

- Pain should guide you:
 - Don't go over 2-3/10 on the pain scale
 - No lingering pain when done
- When should the resistance be increased:
 - When you have no pain
 - When you are able to do the 3x10 or 3x15 of a weight and there is very little effort at the end of the routine
- When increasing the resistance:
 - You may find you can only do a few reps with the new weight
 - Then continue the rest of the reps/sets with the former weight
- Rehab vs power training:
 - In early rehab we want daily, low reps to increase strength gradually
 - In later rehab we want to increase functional strength and that means doing the strengthening every second day at a higher weight and maybe lower reps (so 3x8-10reps vs 3x15)
 - Rest days allow for muscle hypertrophy and are an essential part of your progress
 - Rest means doing different activities (eg. Biceps workouts and quads workouts on alternating days; or a legs day, arms day, core day etc – please discuss with Ruth as there are so many options!)
- When doing your rehab exercises and don't have much endurance or time it is ok to rotate exercises and do eg squats one day; heel raises next day and lunges next day
- **Treadmill/walking:** start by building endurance to 30min
 - Then start adding in incline or "speed" intervals of 1-2 minutes with 5min recovery at the baseline speed/incline