

Muscle Conditioning: Exercises

Introduction

Here are some examples of exercises for muscle conditioning. Start each exercise slowly. Ease off the exercise if you start to have pain.

Your doctor or physiotherapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Wall push-ups



1. Stand facing a wall, about 30 to 45 centimeters away.
2. Place your hands on the wall at shoulder height.
3. Slowly bend your elbows and bring your face toward the wall, moving your hips and shoulders forward together.
4. Push slowly back to the starting position.
5. Start with 5 repetitions and work up to 8 to 12.
6. Rest for a minute, and repeat the exercise.

Knee extension



1. While sitting in a chair, straighten one leg and hold while you slowly count to 5. Be sure you do not lock your knee.
2. Repeat 8 to 12 times.
3. Rest for a minute, and repeat the exercise.
4. Do the same exercise with the other leg.

Side-lying leg lift



1. Lie on your side, with your legs extended. Keep your hips straight up and down during this exercise. Do not let your top hip rock toward the back. Support your head with your hand and place the other hand on the floor near your waist.
2. Slowly raise your upper leg until it is about in line with your shoulder. Keep your toes pointed forward.
3. Slowly lower your leg to the starting position.
4. Repeat 8 to 12 times.
5. Rest for a minute, and repeat the exercise.
6. Turn to your other side and do the same exercise with your other leg.

Shallow standing knee bends



1. Stand with your hands lightly resting on a counter or chair in front of you with your feet shoulder-width apart.
2. Slowly bend your knees so that you squat down just like you were going to sit in a chair. Make sure your knees do not go in front of your toes.
3. Lower yourself about 15 centimetres. Your heels should remain on the floor at all times.
4. Rise slowly to a standing position.
5. Repeat 8 to 12 times.
6. Rest for a minute, and repeat the exercise.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor or nurse call line if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

For 24/7 nurse advice and general health information, call Health Link at 811.

Current as of: August 19, 2018

Author: [Healthwise Staff](https://www.healthwise.net/patientEd) <https://www.healthwise.net/patientEd>

Medical Review: Adam Husney MD — Family Medicine, Kathleen Romito MD — Family Medicine & Elizabeth T. Russo MD — Internal Medicine