

Supporting Young People with ME/CFS

Lower Limb Strengthening Exercises

This leaflet should be used in conjunction with advice from your ME/CFS Clinician

ME/CFS Patient Information

These exercises are recommended by our Physiotherapy Team to help you to maintain the strength in your legs. If you have any questions regarding this information please do not hesitate to contact the Physio team on 01225 821340.

Start with low repetitions 1-5 at a time and only 1 or 2 exercises at a time.

	<p>Starting in an upright standing position take a stride step forwards into a lunge position, maintaining a neutral spine</p> <p>Bend knees moving the pelvis straight down. Make sure the knees drop in a straight line, only descend as far as you can keep knees in control. Do not let front knee go beyond 90 degrees or over the front toe.</p>
	<p>Start in a standing position, feet shoulder width apart.</p> <p>In a controlled manner, lift your heels off the floor, then return to your start position, keeping knees straight.</p>
	<p>Start in a standing position, maintaining a neutral spine. The squat movement should be initiated by the hips, by flexing (bending) and sinking slowly back into the chair, keeping knees apart.</p> <p>The chest/body may tilt forward slightly, as a unit, maintaining the neutral position of the entire spine</p> <p>As you stand push through your heels and squeeze buttocks together, return slowly back to the starting position, keeping knees apart. Note: the lower the chair, the harder it becomes.</p>



Contact

01225 821340

Email: ruh-tr.paedscfsme@nhs.net

Further information

www.ruh.nhs.uk/cfs

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.
Email ruh-tr.pals@nhs.net or telephone 01225 825656/ 826319