

Hand Therapy

Strength and Endurance

<p>Strength Muscular strength is the ability of a muscle or a group of muscles to work at their maximum effort.</p> <p>Hold a weight, such as a small dumbbell/food tin/bottle of water etc.</p>	<p>Endurance Endurance is the ability of a muscle or a group of muscles to repeatedly work just below their maximum effort. This enables us to be able to carry out a task over a long period of time.</p> <p>Hold a weight such as a small dumbbell/food tin/bottle of water etc.</p>
<p>Intensity i.e. the percentage (%) of your maximum effort:</p> <p><input type="checkbox"/> Novice/intermediate 60%-70%</p> <p><input type="checkbox"/> Experienced 80%+</p>	<p>Intensity i.e. the percentage (%) your maximum effort:</p> <p>Less than 50%</p>
<p>Number of repetitions (reps):</p> <p><input type="checkbox"/> 8 - 12 reps - most adults</p> <p><input type="checkbox"/> 10 - 15 reps - middle aged and older people starting to exercise</p>	<p>Number of repetitions (reps):</p> <p>15 - 20 reps</p>
<p>Frequency: 2 - 3 times a week</p>	<p>Frequency: 2 - 3 times a week</p>
<p>Sets:</p> <p><input type="checkbox"/> 1 to 3 - novice/intermediate</p> <p><input type="checkbox"/> 2 to 6 - advanced</p>	<p>Sets:</p> <p><input type="checkbox"/> 1 - novice/intermediate</p> <p><input type="checkbox"/> 2 - advanced</p>
<p>Pattern:</p> <p><input type="checkbox"/> 1 - 2 minutes rest between each set (lower intensity with lighter weight)</p> <p><input type="checkbox"/> 2 - 3 minutes rest between each set (higher intensity with heavier weight)</p>	<p>Pattern:</p> <p><input type="checkbox"/> 1 - 2 minutes rest between each set (lower intensity with lighter weight)</p> <p><input type="checkbox"/> 2 - 3 minutes rest between each set (higher intensity with heavier weight)</p>
<p>You should take 48 hours rest between each session. If you are pain free you can gradually increase the number of repetitions, OR weight OR frequency as guided by your therapist.</p>	

To contact us email: qvh.handtherapy@nhs.net
 Alternatively phone: **01342 414072**
 Information at www.qvh.nhs.uk - Our services/Therapies/Hand Therapy

Credit/Reference: Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory, Musculoskeletal, and Neuromotor Fitness in apparently healthy adults: Guidance for prescribing exercise. American College of Sports Medicine. 2011