Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Lower Limb Exercise Class

Version number: **3**
Last modified date: **12th November 2026**

Lower Limb Exercise Class

Patient Information

Physiotherapy Services

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Introduction

The lower limb exercise class aims to help people increase their strength, function, and balance or aid in their recovery after lower limb injury or surgery. We want to help people return to, or increase, their normal levels of activity.

We aim to help people return to work and / or get back to completing their meaningful hobbies, interests, and daily activities.

We accept referrals for patients of all ages and abilities who are looking to improve the strength and function of their legs.

What will I need?

- Wear loose fitting clothing that is comfortable to move in
- Wear supportive footwear such as a trainer or sport shoe
- Patients are welcome to bring a drink, but water will be provided if needed
- There are appropriate changing facilities if you are coming from or going to work

Risks

Before starting any exercise programme, it is advisable to seek advice from your General Practitioner (GP) or a health professional if you have any health concerns, such as a health condition or an injury. These can be discussed with your Physiotherapist prior to referral into the group. They will advise you of any risks and / or modifications required.

What to expect

This is a physical, progressive exercise rehabilitation group (so be ready to exercise!).

The group usually consists of up to 8 people, who are at varying stages of recovery for a variety of problems. Sessions usually last about 45 minutes to one hour.

You will be asked to complete questionnaires at the beginning and end of your treatment which we use to measure progress.

People usually attend for 6 sessions. The difficulty of the exercise class will be gradually increased according to your progress, to work towards functional recovery goals.

An example of the exercise circuit used in the class has been included on the next page.

Exercises

BIKE OR CROSSTRAINER OR STEPPER



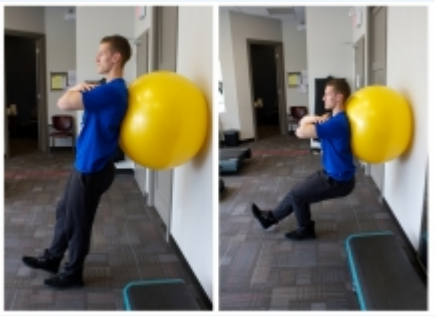




WALL SQUAT ADD WEIGHT SINGLE LEG WALL SQUAT







1 2 3

DOUBLE HEEL RAISES OFF A STEP SINGLE LEG – swap 1 min







1 2 3

STEP-UP ALTERNATING WEIGHT



STEP UP BALANCE



HOLDING



1 2 3

STATIC BICYCLE OR TREADMILL





BRIDGE DOUBLE LEG BRIDGE MARCH SINGLE LEG (swap 1 min)








1 2 3

SIT TO STAND



FREE SQUAT



ADD WEIGHT



1

2

3

SINGLE LEG THROW/CATCH



MONSTER WALK BAND ROUND ANKLES ROUND FEET







1 2 3

ROMANIAN DEADLIFT (KETTLEBELL) ADVANCED – SINGLE LEG







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