

# Reliant Medical Group

## Rehabilitation & Sports Medicine

### Exercise FAQ'S

#### **How long should I hold a position during exercise?**

For a stretch studies show that a 30 second hold is optimal and 4 repetitions are the most you should do at one time.

For a strengthening exercise 10 seconds is the longest you should hold it. For the first 10 seconds more muscle units come in but after 10 seconds as many units leave as come in so you get no net gain in your work force.

#### **How many repetitions should I do?**

10 repetitions of an exercise is good. If you do 10 repetitions you will gain strength over a 15-week period, if you do 6 repetitions you will gain strength over 20 weeks.

#### **How many times a day should I exercise?**

For strengthening exercises generally once every other day is perfect. The muscle needs time to recover and build itself up.

For increased circulation, as in the case of an acute tendonitis, exercise should be done several times a day but you may need to ice after.

For a stretch, the rule is that a stretch lasts for 2 hours if you are using the muscle. This means that stretches can and should be done frequently during the day.

#### **Will more repetitions be better if I can do more than 10?**

It depends on your goal. If your goal is to strengthen a muscle then you really want to increase the weight rather than increase the number of repetitions. If your goal is to increase the endurance of a muscle then increasing the reps is a good thing.

#### **How long will it take for me to see results from exercise?**

You will notice a significant gain in the first 2 weeks of exercise and then the gains will slow down but continue for up to 15 weeks. The immediate gain in the first 2 weeks is from awakening already present but dormant muscle. The slower gain is from building new muscle.

#### **Is delayed muscle soreness normal?**

Delayed onset muscle soreness comes from muscle building and tends to last for 3 days after a difficult work out. Non-steroidal anti-inflammatory drugs will not change the intensity or duration of this very much.

Locations: Worcester – Gold Start Blv. 508-856-9510, 640 Lincoln St. 508-854-2426, Worcester Medical Center 508- 368-3143

■ Westboro 508-871-0789 ■ Leominster 978-840-1900 ■ Auburn 508-721-1101

**Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.**

Internet Access: [www.relianmedicalgroup.org](http://www.relianmedicalgroup.org) Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise Sheets