

# Hypertrophy

**Hypertrophy is the growth of muscle. Your physiotherapist may want you to work on this to help with your condition. This document will take you through two basic ways to approach hypertrophy that can be applied to any exercise. If you have any further questions, concerns or require any further advice, please speak to a member of the therapy team.**

In order to achieve muscle growth weight would need to be increased roughly every two weeks. This would reduce the likelihood of plateauing and force the body to adapt to new demands made of it.

## DeLorme training method

The DeLorme training method (DTM) was developed by Thomas DeLorme in the 1940s and has become a mainstay of the exercise industry.

DTM requires an individual to know their ten repetition (rep) max (10RM) weight. 10RM is the maximum amount of weight they can use to complete 10 reps of a particular exercise.

Once the individual knows their 10RM they complete:

- 10 reps of 50% 10RM, followed by
- 10 reps of 75% 10RM and lastly
- 10 reps of 10RM.

The rest period between sets should be anywhere from 30 to 90 seconds.



## 3 x 10 training method

The 3 x 10 is an adaptation of the DTM where the 10RM is used to complete the exercise for three sets of 10 reps.



Once the exercise is over the individual knows if they need to increase or decrease the weight for the next exercise session in order to make it challenging.

- The first set should be easy enough to complete.
- The second set should start off easy but should be a challenge to finish.
- The third set should be difficult all the way throughout.

The time between sets would be the same as DTM: 30 to 90 seconds break. The DTM, especially its adapted variation, is an ideal tool for people new to strength training as it can be applied to any exercise and requires little knowledge of how much weight they can currently use.

## Contact us

If you have any questions or concerns about principles of training, please contact the physiotherapy outpatient team on 020 8725 1357 (Monday to Friday, 8.30am to 4.30pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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