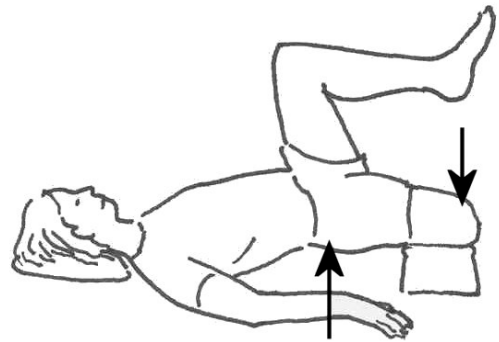


Advanced above knee amputee exercises

These exercises are designed to increase your muscle strength and maintain the movement in your joints. If you experience pain when performing the exercises, stop and contact your physiotherapist.

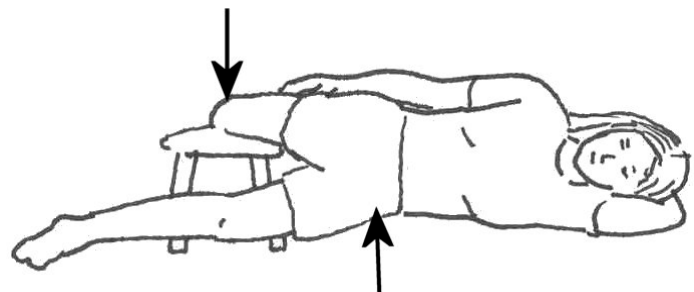
Bridging

- Lie on your back with a low stool / rolled towel under your operated leg.
- Lift the opposite leg off the ground.
- Press the operated leg hard down onto the stool so that your hips and pelvis are lifted off the ground.
- Hold for 5 seconds.
- Lower gently.
- Repeat ____ times.
- Repeat the above with the other leg.



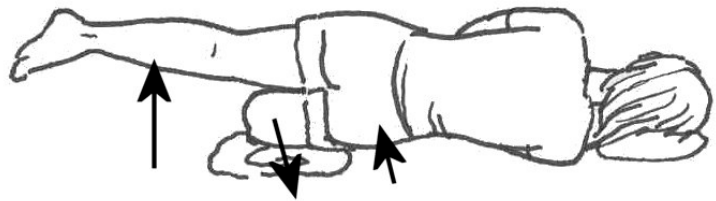
Leg Adduction

- Lie with your operated side on top of the stool with the other leg in front of the stool.
- Press the top leg strongly down onto the stool so that hips and lower leg are lifted off the ground.
- Hold for 5 seconds.
- Lower gently.
- Repeat ____ times.
- Repeat the above with the other leg.



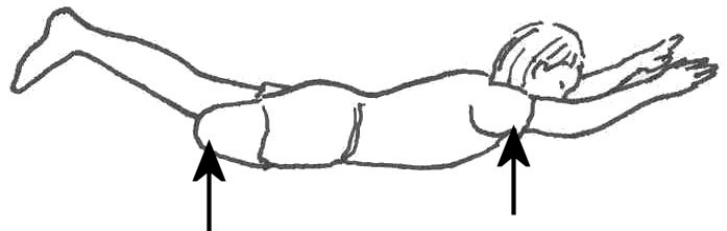
Leg Abduction

- Lie on your side with your operated leg underneath.
- Place a rolled up pillow under this leg
- Lift the upper leg off the ground and push the lower leg hard onto the roll so that the hip and pelvis are lifted off the bed.
- Hold for 5 seconds.
- Lower gently.
- Repeat _____ times.
- Repeat the above with the other leg.



Extension

- Lie on your stomach with legs straight behind you and arms stretched straight above your head.
- Lift your head, shoulders, arms and legs off the ground. Only your pelvis should remain in contact with the ground.
- Hold for 5 seconds then lower gently.
- Repeat _____ times.



This booklet has been produced by:

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Further information

Visit the Trust website at www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

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