

## Advanced above knee amputee exercises

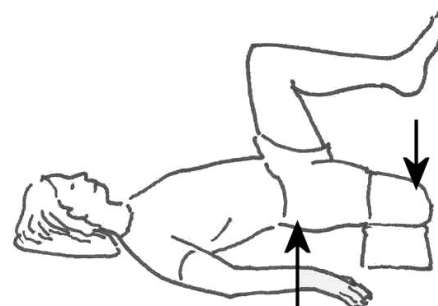
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These exercises are designed to increase your muscle strength and maintain the movement in your joints. If you experience pain when performing the exercises, stop and contact your physiotherapist.

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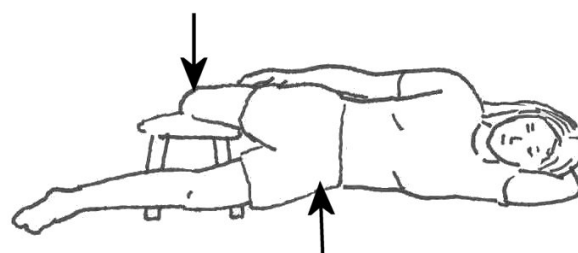
### Bridging

- 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.



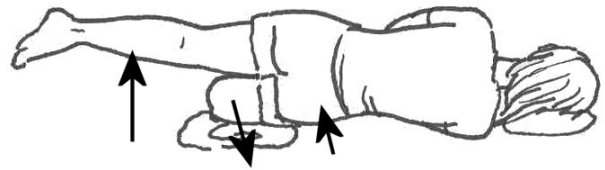
### Leg Adduction

- 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.



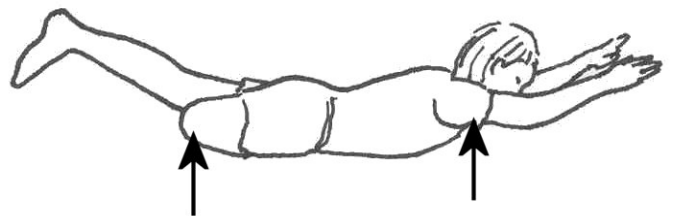
## Leg Abduction

- 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](http://www.royalberkshire.nhs.uk)

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

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