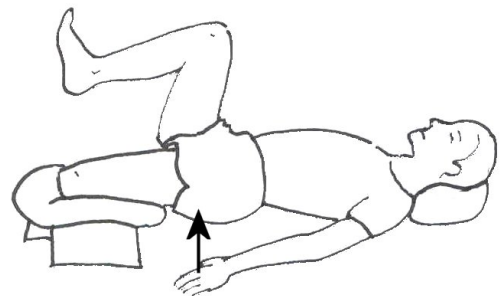


Advanced below knee amputee exercises

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.

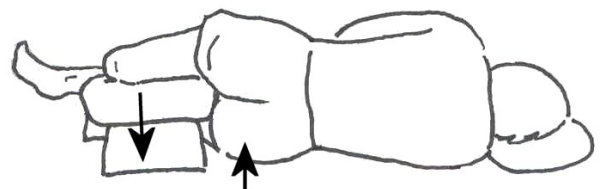
Bridging

- Lie flat on your back.
- Place operated leg on a padded stool (approx. 9" high) or a couple of rolled towels.
- Lift the opposite leg off the ground.
- Press the operated leg hard down onto the stool so that your hips are lifted off the ground.
- Hold for 5 seconds.
- Lower gently and relax.
- Repeat ____ times.
- Repeat the above with the other leg.



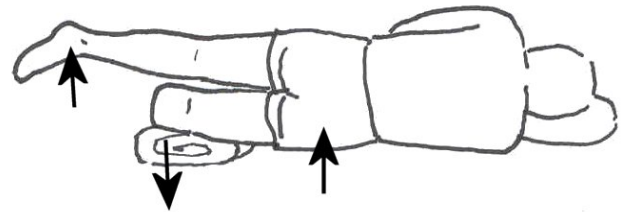
Leg Adduction

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



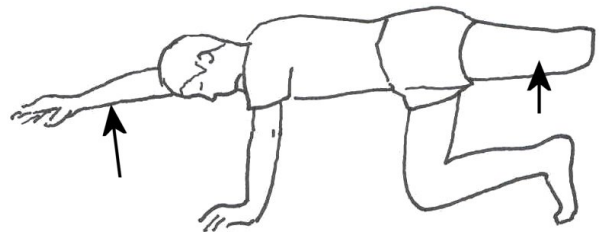
Leg Abduction

- Lie on your side with your operated leg underneath.
- Place a rolled up pillow under your bottom leg.
- Raise your upper leg straight up and push the lower leg hard onto the roll so that your hip and pelvis are raised off the ground.
- Hold for 5 seconds.
- Lower gently and relax.
- Repeat the above with the other leg.



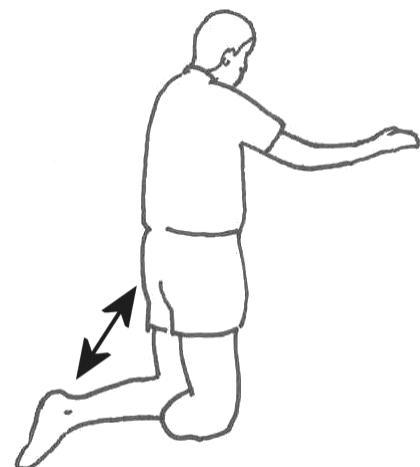
Leg Extension

- Ensure you are in a safe position in case you lose your balance during this exercise.
- Kneel on both knees with both hands on a firm surface.
- Lift your right hand into the air; at the same time, raise your left leg and straighten it behind you.
- Hold the position for 5 seconds.
- Lower gently and relax.
- Repeat with your opposite arm and leg.
- Repeat ____ times.



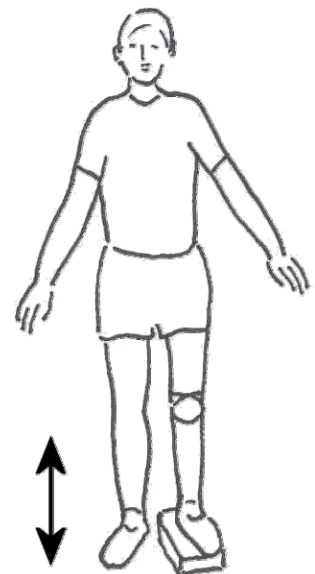
Kneeling

- Kneel up straight with your arms held in front.
- Lower your bottom towards your foot as far as possible.
- Pull into a straightened position again and then stretch forward as far as you can.
- Keep equal amount of weight on each knee.
- Hold the position for 5 seconds and relax.
- Repeat ____ times.



Step-ups (Wearing your prosthesis)

- Stand with the prosthetic leg on a small step
- Let the knee (operated leg) and hips gradually bend in a controlled fashion until the other foot touches the ground.
- Straighten your knee and hip so that the foot leaves the ground again.
- Repeat ___ times.



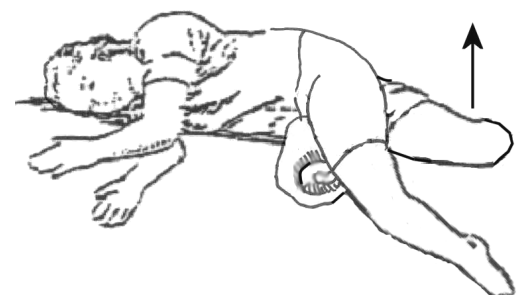
Sit-ups (Wearing your prosthesis)

- Sit on a chair or firm surface where your feet easily reach the ground.
- Bend the hip and knee on the prosthetic side to 90 degrees (a right angle).
- Put the other leg as far forward as is comfortable.
- Stand up without using your hands.
- Keep your feet in the same positions and lower your bottom gradually, in a controlled fashion, back down so you are seated again.
- Your weight should mostly be through the prosthetic leg, using the other for balance only.
- Repeat _____ times.



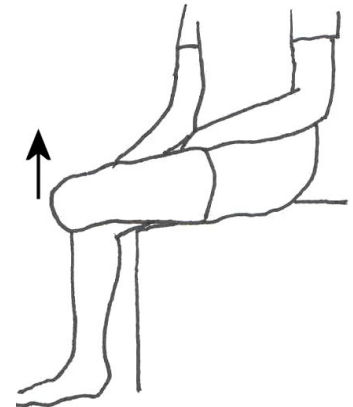
Leg Adduction

- Lie on your side with your operated leg underneath.
- Support your upper leg on a pillow.
- Lift your lower leg up off the ground.
- Hold for 5 seconds.
- Lower and relax.
- Repeat _____ times.



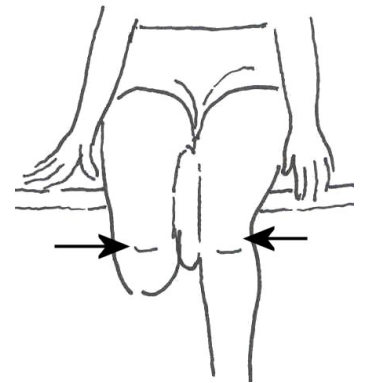
Knee extension

- Sit up straight on a firm surface, like a firm mattress or chair.
- Keeping your thigh on the surface, raise your operated leg until the knee is completely straight.
- Hold for 5 seconds.
- Return to starting position.
- Rest and relax.
- Repeat _____ times.
- Repeat the above with the other leg.



Hip Adduction

- Sit up straight on a firm surface, like a firm mattress or chair.
- Place a small pillow between your knees.
- Squeeze the pillow as tightly as you can with your knees.
- Hold for 5 seconds.
- Rest and relax.
- Repeat _____ times.



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Further information

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

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