

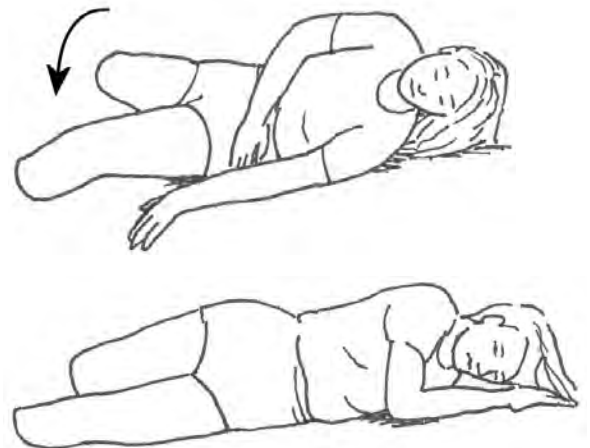


Bilateral (both legs) amputee exercises

These exercises help make your muscles stronger and keep your joints moving well. If you feel pain while doing them, stop and let your physiotherapist know.

Rolling

- Lie on your back.
- Turn your head to look left.
- Stretch your right leg and right hand across your body until you are lying on your left side.
- Turn your head to look right and gently roll back onto your back.
- Now stretch your left leg and left hand across your body until you are lying on your right side.
- Turn your head to look left and gently roll back onto your back.
- Repeat ____ times.



Leg lifts to the side

- Lie on your side. Bend your bottom leg forward to help you balance.
- Keep your top leg straight and in line with your body.
- Lift your top leg up without bringing it forward.
- Hold for 5 seconds.
- Then lower it back down to the starting position.
- Repeat ____ times.
- Do the same with the other side.



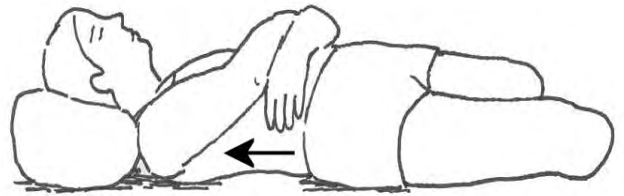
Press up (lying)

- Lie on your stomach with your hands under your shoulders (like you're doing a push-up).
- Slowly push your shoulders up and straighten your arms. Keep your hips on the ground.
- Relax your back and tummy.
- Lower your shoulders back down.
- Rest.
- Repeat ____ times.



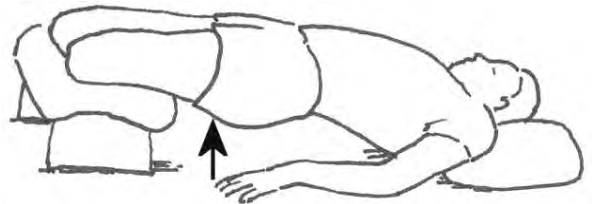
Hip hitching

- Lie on your back with your legs flat.
- Lift your right hip up towards your waist to make that side shorter and the other side longer.
- Keep your legs down on the bed.
- Hold for 5 seconds.
- Go back to the start.
- Repeat ____ times, changing sides each time.



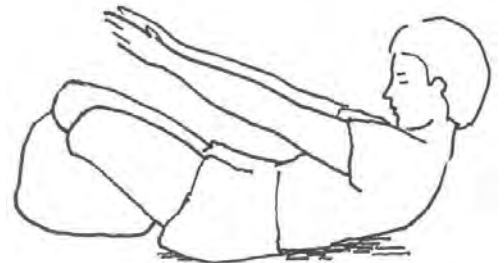
Bridging

- Lie on your back.
- Put your legs on a small, padded stool or some rolled towels (about 25cm high).
- Push your legs down and lift your hips and bottom off the ground.
- Hold for 5 seconds.
- Slowly lower your bottom back down.
- Repeat ____ times.



Sit-ups

- Lie on your back with a pillow under your legs.
- Tuck your chin to your chest and look forward.
- Reach your hands forward and lift your upper body until your shoulders come off the ground. Tighten your tummy muscles.
- Hold for 5 seconds.
- Slowly lie back down.
- Repeat ____ times.



Sitting balance

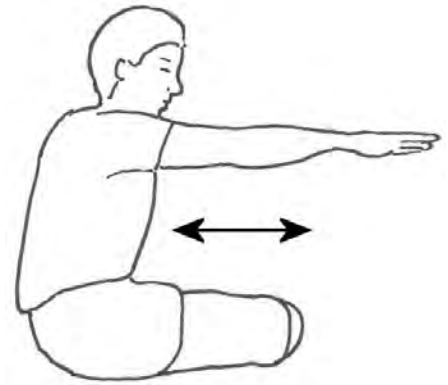
Sit somewhere safe in case you lose balance.

- Stretch your legs out in front of you.
- Hold your arms out to the sides at shoulder height.
- Reach your right arm out to the side as far as you can without falling.
- Go back to the middle.
- Reach your left arm out to the side as far as you can.
- Feel your weight move from one side of your bottom to the other.
- Repeat ____ times.



Backwards sitting balance

- Sit somewhere safe with a pillow behind you in case you fall back.
- Stretch both arms out in front at shoulder height.
- Rock your body backwards as far as you can while keeping your balance.
- Use your tummy muscles to sit back up straight.
- Repeat _____ times.



Push ups

- Make sure your chair is steady. If you are sitting in a wheelchair, put the brakes on.
- Sit up straight with your hands on the arm rests.
- Push down with your hands to straighten your elbows and lift your bottom off the seat. Don't lean forward.
- Hold for 5 seconds.
- Lower yourself back down.
- Repeat _____ times.



Useful numbers and contacts

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

Please ask if you need this information in another language or format.

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