

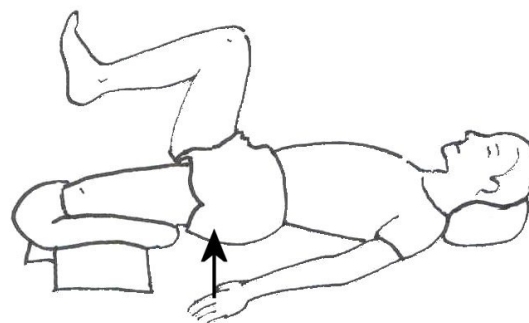


Advanced below knee amputation exercises

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.

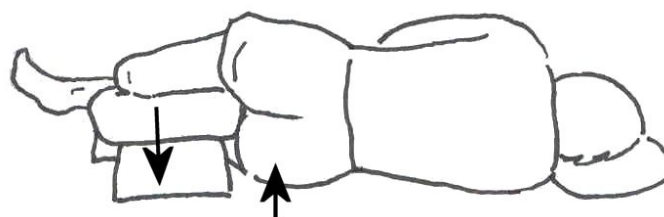
Bridging

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



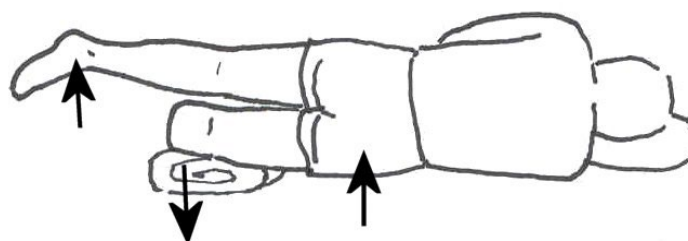
Leg adduction

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



Leg abduction

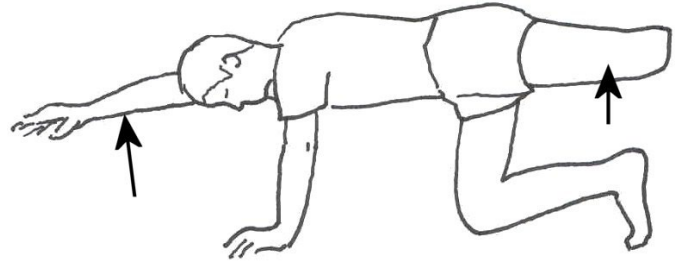
- Lie on your side.
- Place a rolled up pillow under your bottom leg.
- Raise your upper leg so it is straight out from your hip. Push your bottom leg firmly down onto the roll so that your hip and pelvis are raised off the ground.
- Hold for 5 seconds.



- Lower gently and relax.
- Repeat with the other leg.

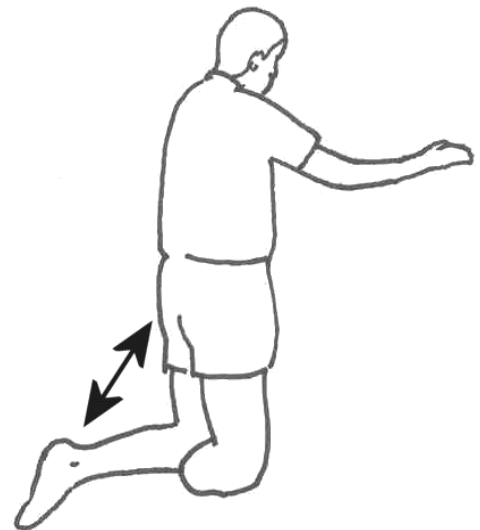
Leg extension

- 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 leg and straighten it behind you; once you are balanced, raise your **opposite arm** and reach it out forwards in front of you.
- Hold the position for 5 seconds.
- Lower gently and relax.
- Repeat with your opposite arm and leg, only once you are confident to do so.
- Repeat ____ times.



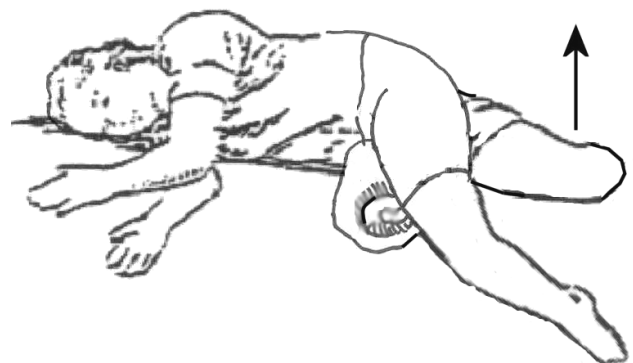
Kneeling

- 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.



Leg adduction

- Lie on your side.
- Support your upper leg on a pillow.
- Raise your bottom leg approximately 6 inches up off the resting surface.
- Hold for 5 seconds.
- Lower and relax.
- 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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