

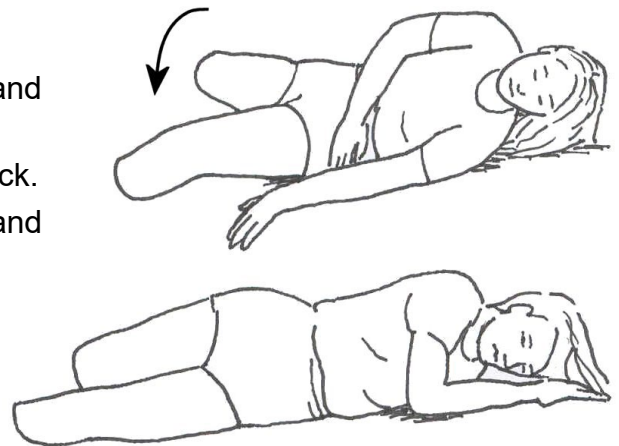


Bilateral (both legs) amputee exercises

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.

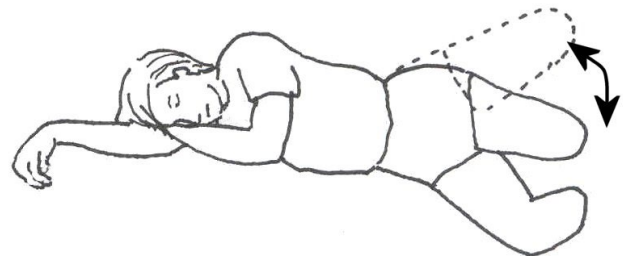
Rolling

- Lie on your back.
- Turn and look to your left.
- Stretch your right leg and hand over your left hip and shoulder until you are lying on your left side.
- Look to the right and gently roll back onto your back.
- Stretch your left leg and hand over your right hip and shoulder until you are lying on your right side.
- Look to the left and gently roll back onto your back.
- Repeat ____ times.



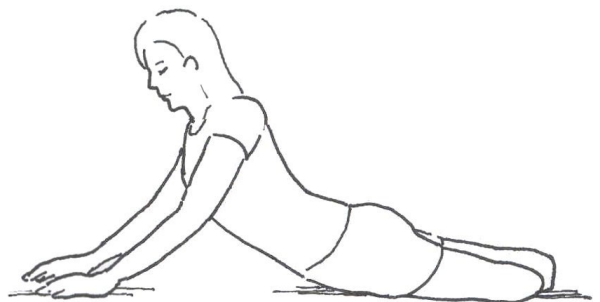
Leg abduction

- Lie on your side with your bottom leg bent forward to maintain your balance.
- Keep your top leg in a straight position, following the line of your body. Raise your top leg up, keeping it in alignment with your body – do not bring it forwards.
- Hold for 5 seconds.
- Then lower it back to the starting position.
- Repeat ____ times.
- Repeat the above with your other leg.



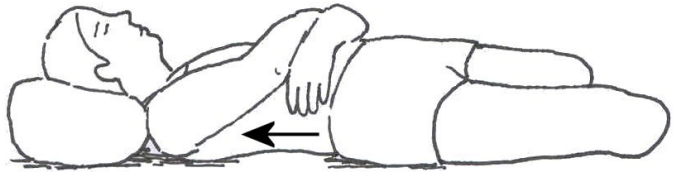
Press up

- Lie on your stomach with your hands underneath your shoulders (as if you were to do a standard 'push-up').
- Slowly push your shoulders up and straighten your elbows, while keeping your pelvis flat on the ground.
- Keep your back and stomach soft and relaxed.
- Slowly lower your shoulders.
- Rest and relax.
- Repeat ____ times.



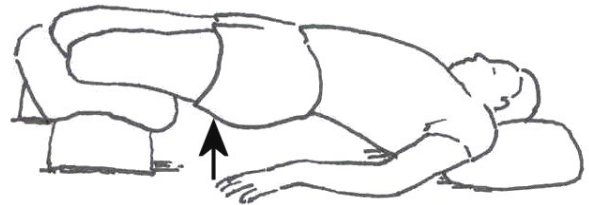
Hip hitching

- Lie on your back with legs down flat.
- Hitch your right hip up towards your waist so you are shortened on that side and stretched on the opposite side, keeping your legs down onto the bed.
- Hold for 5 seconds.
- Return to starting position.
- Repeat ____ times, alternating legs.



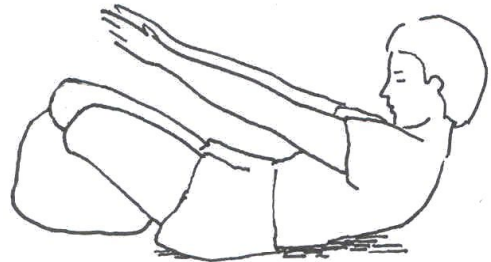
Bridging

- Lie flat on your back.
- Place legs on a padded stool (approx. 9" high) or use a couple of rolled towels.
- Press legs down onto the stool and lift your hips and buttocks clear of the ground.
- Hold for 5 seconds.
- Slowly return your buttocks to the ground.
- Repeat ____ times.



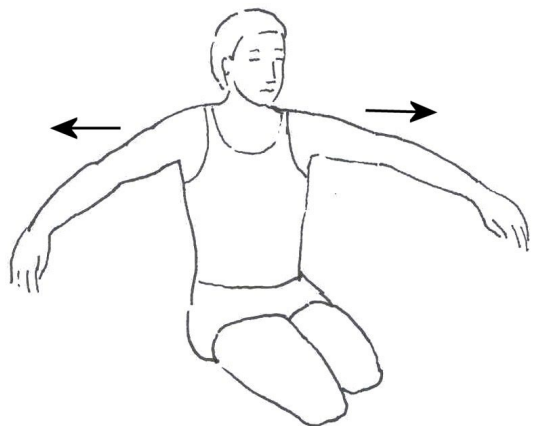
Sit-ups

- Lie flat on your back with a pillow under your legs.
- Tuck your chin onto your chest and look ahead.
- With hands stretched out in front, curl your upper body forward until your shoulders clear the ground. Make sure your tummy muscles are tight as you do this.
- Hold for 5 seconds.
- Uncurl gently.
- Repeat ____ times.



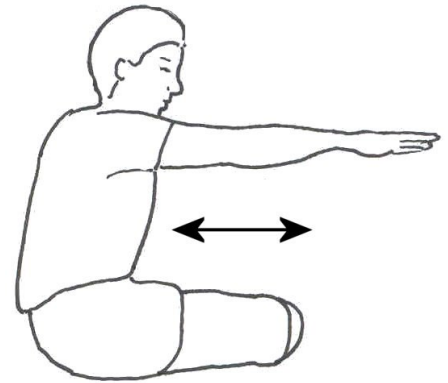
Sitting balance

- Sit in a safe position in case you lose your balance during this exercise.
- With your legs out in front of you, stretch both arms out to the sides at shoulder level.
- Stretch your right arm out as far as you can reach to the side, whilst maintaining your balance.
- Return to centre, and stretch your left arm out as far as possible to the side, whilst maintaining your balance.
- Feel your weight go from one buttock to the other.
- Repeat ____ times.



Backwards sitting balance

- Again, make sure you start in a safe sitting position. Have a pillow behind you in case you should lose your balance.
- Sit with both arms stretched out in front of you at shoulder height.
- Rock backwards as far as possible, using your tummy muscles to control your balance, and pull yourself back up into the upright sitting position.
- Repeat _____ times.



Push ups

Ensure the chair is firmly planted. If using a wheelchair, make sure the brakes are secure.

- Sit up straight in a chair that has arm rests.
- Grasp the arm rests with both hands and push down so that your elbows begin to straighten out.
- At the same time, lift your buttocks off the chair seat. Do not lean forward. This exercise gets easier with practice.
- Hold for 5 seconds.
- Return slowly to a sitting position.
- 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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Reviewed: March 2024. Next review due: March 2026