

Strengthening Exercises - Below Knee Amputation

These exercises will help you strengthen your muscles to best use your prosthetic leg.

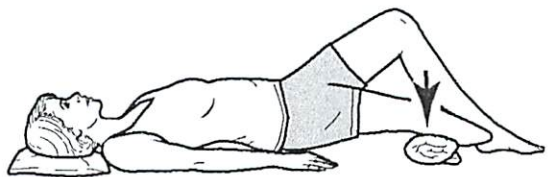
- Do these exercises as directed by your therapist or doctor.
- Do the exercises slowly and with smooth motions to avoid injury.
- Be sure to keep breathing while you exercise. Do not hold your breath because it could cause your blood pressure to rise.
- Do each exercise _____ times each day.
- Repeat each exercise _____ times.

Exercises

Do the checked () exercises below.

Bridge

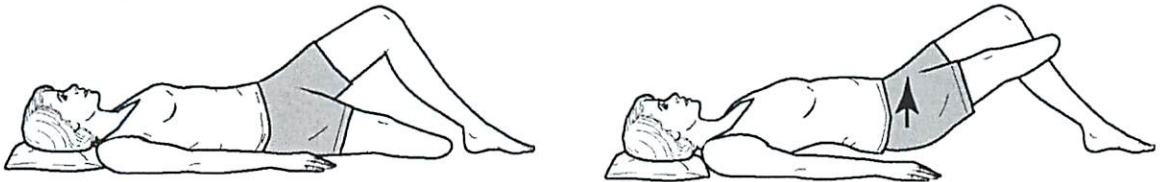
1. Lie on your back with a towel roll under the calf of your amputated leg. Tighten the muscles in your upper leg to keep that knee straight.
2. Push down into the towel roll and lift your buttocks up while keeping your stomach muscles tight.
3. Hold _____ seconds and then relax and repeat.



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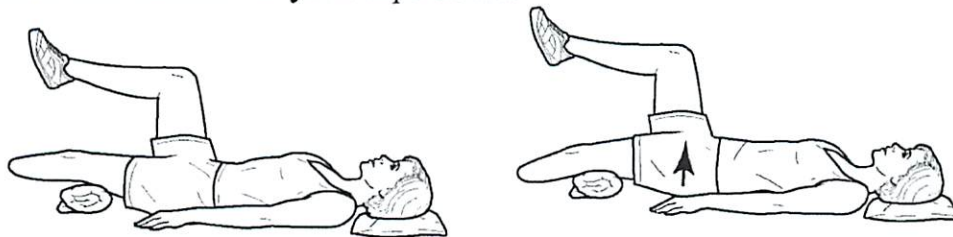
□ Bridging

1. Lie on your back with your sound knee bent and your foot flat on the floor. Your amputated leg should be flat on the floor.
2. Keep your amputated knee straight and lift your hips, pulling your belly button in and up slightly, while tightening your buttock muscles

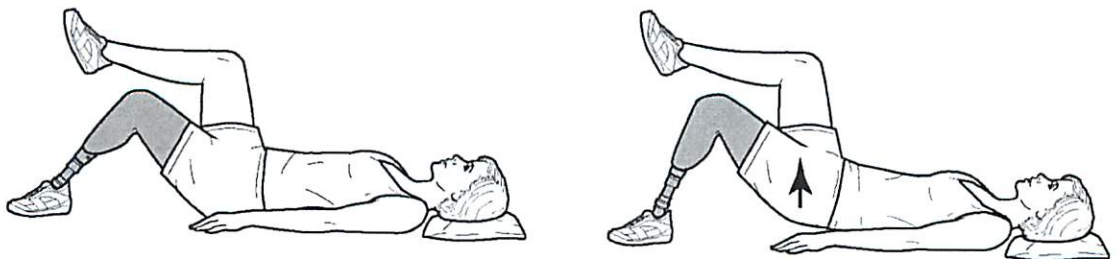


□ Advanced Hip Extension on Back

1. Lie on your back. Place a rolled towel under the end of your amputated limb. Lift your other leg up.
2. Push down into the towel, and lift your hips off the floor or table. Hold and then lower your hips down.

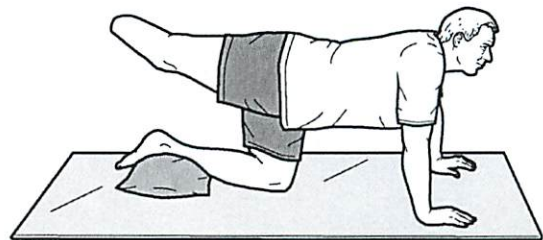
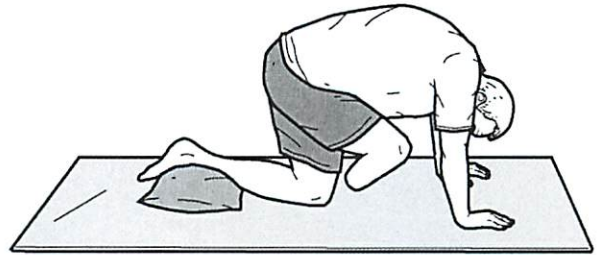


□ Do this exercise with your prosthesis.



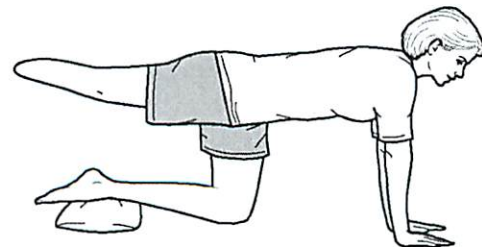
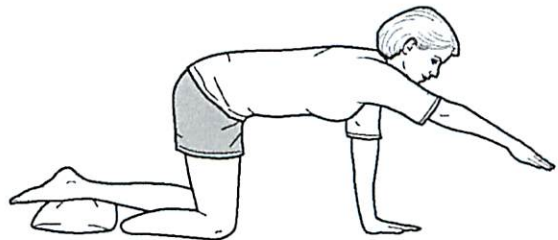
□ Knee to Chest

1. Kneel on a mat or pad to cushion your knees. Place a pillow under your foot and lower leg.
2. Get up on your hands and knees. Tuck your chin down towards your chest while pulling your knee up towards your chest, causing your back to round up.
3. Slowly raise your head and straighten your knee out and back while flattening your back.
4. Repeat with the other knee.



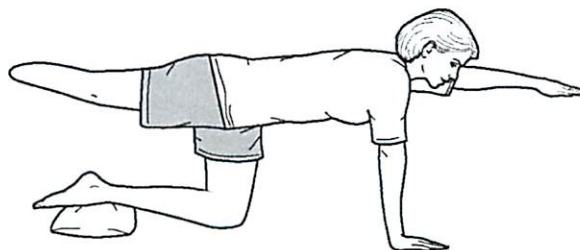
□ Limb Lift

1. Kneel down on a mat or pad to cushion your knees. Place a pillow under your foot and lower leg.
2. Get up and balance yourself on your hands and knees.
3. Lift one arm and hold, then down.
4. Lift the other arm and hold, then down.
5. Lift your amputated leg and hold, then down.
6. Lift your sound leg and hold, then down.
7. Repeat movements with both arms and both legs 10 times.



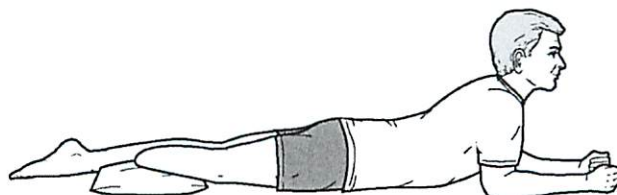
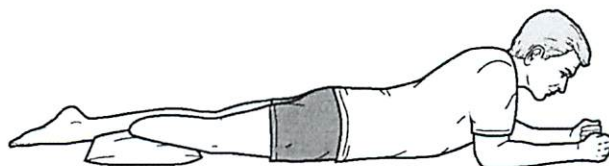
□ Arm and Leg Lift

1. Kneel down on a mat or pad to cushion your knees. Place a pillow under your foot and lower leg.
2. Get up and balance yourself on your hands and knees.
3. Lift one arm and the opposite leg, keeping your neck straight with your back. Hold the position, then down.
4. Lift the other arm and the opposite leg. Hold and then down.



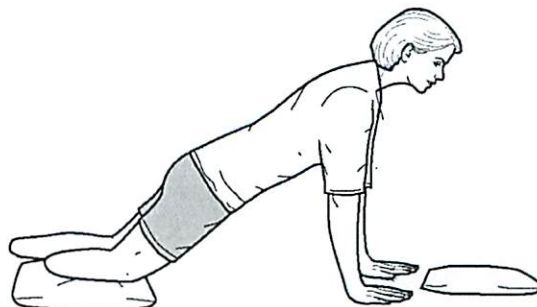
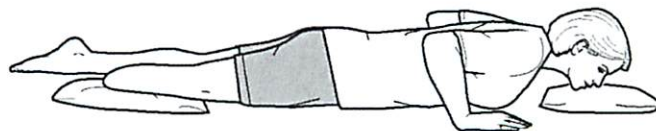
□ Shoulder Push Ups

1. Lie on your stomach on a mat. You may want to place a towel or pillow under your amputated leg.
2. Get up on your elbows and be sure your elbows are under your shoulders.
3. Keep your hips on the mat and push down with your elbows into the mat.



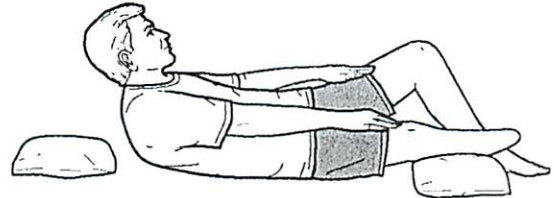
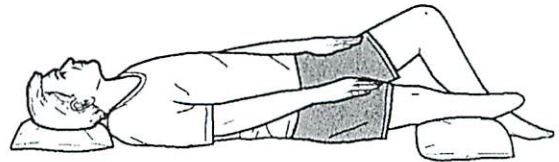
□ Kneeling Push Ups

1. Lie on your stomach on a mat. You may want to place a towel or pillow under your amputated leg.
2. Bend your elbows and place your palms at your shoulders.
3. Push up with your hands bend your knees, keeping your back straight.
4. Lower your body back down by bending your elbows.



□ Abdominal Crunch

1. Lie on your back and place a pillow or towel under your amputated leg.
2. Tighten your stomach muscles to keep your back flat.
3. Lift your head and shoulders as you slide your fingers up your legs to your knees.
4. Slowly lower yourself back to the start position and then repeat.



□ Leg to side (Quadruped hip abduction)

1. Get on your hands and knees without your prosthesis.
2. Keeping your knee bent on your amputated leg, lift the leg to the side in a slow and controlled way. Tighten your buttocks while you lift the leg and keep your back and hips level to the ground.

