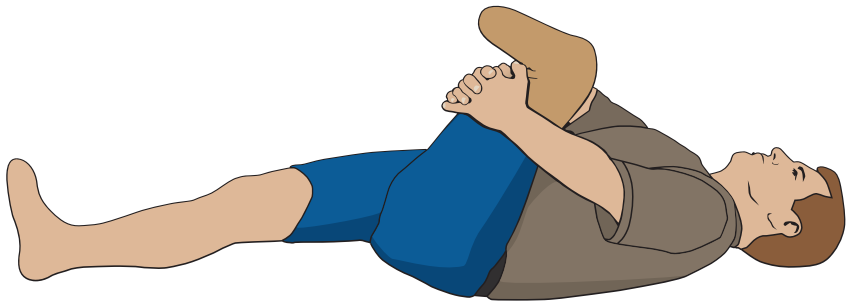


Physiotherapy exercises for amputees



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Physiotherapy exercises for amputees

These exercises are designed to help your strength and mobility, and improve blood flow. All exercises should be done slowly and smoothly. If you feel pain at any time, please stop and tell your physiotherapist.

Straight Leg Raise

STRENGTHENS Hip Flexors, Core and Quadriceps (Transtibial)

- Put your legs out in front of you
- Tighten your thigh
- Lift your leg off the bed
- Hold for ___ seconds
- Slowly lower
- Repeat ___ times
- Repeat the above with the other leg



Hip Adduction With Resistance

STRENGTHENS Hip Adductors

- Sit with both legs out in front of you
- Place a pillow or rolled up towel between your knees
- Squeeze your legs together
- Hold for 5 seconds
- Repeat

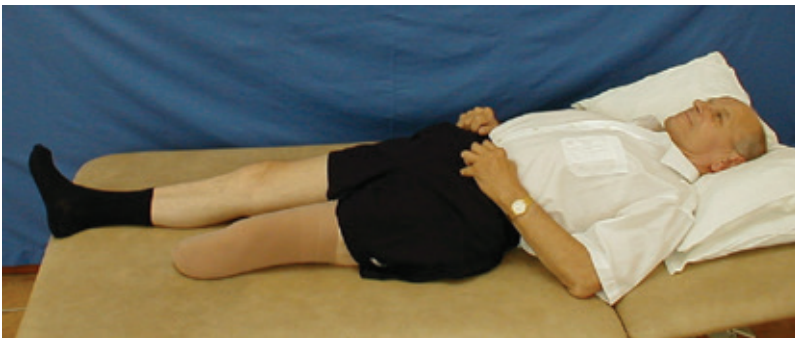
NB: This exercise can also be performed when sitting in a wheelchair or at the edge of a bed.



Static Gluteal Contractions

STRENGTHENS Hip Extensors

- Lie on your back
- Keep both legs straight and close together
- Squeeze your buttocks as tightly as possible
- Hold for 5 seconds
- Repeat



Hip Flexor Stretch

STRETCHES Hip Flexors

- Lie on your back, preferably without a pillow
- Bend your knee towards your chest and hold with your hands
- Push your opposite leg down flat on to the bed
- Hold for 30 – 60 seconds, then relax
- Repeat the above with the other leg



Hip Flexor Stretch

STRENGTHENS Hip Extensors, STRETCHES Hip Flexors

- Lie on your back with your arms at your side
- Place a couple of firm pillows or rolled up blankets under your thighs
- Pull in your stomach, tighten your buttocks and lift your bottom up off the bed
- Hold for 5 seconds
- Repeat

To make this exercise more difficult, place your arms across your chest as shown in the picture.



Hip Flexion and Extension in Side Lying

STRENGTHENS Hip Flexors and Hip Extensors

- Lie on your side
- Bend the bottom leg
- Lift your top leg slightly
- Bend your knee fully toward your chest
- Straighten your knee and push your leg backwards
- Repeat

NB Try not to let your hips roll forwards or backwards.

Repeat the above with the other leg.



Hip Abduction in Side Lying

STRENGTHENS Hip Abductors, STRETCHES Hip Adductors

- Lie on your side
- Bend the bottom leg
- Keep hips and top leg in line with your body
- Slowly lift your top leg up, keeping your knee straight
- Slowly lower
- Repeat

NB: Try not to let your hips roll forwards or backwards.

Repeat the above with the other leg.



Hip Hitching

Transfemoral Only

STRENGTHENS Core

- Lie on your back
- Keep both legs flat on the bed
- Hitch one hip up towards you on one side and push away on the other (shortening one side and stretching the other)
- Hold for 3 seconds
- Repeat

Repeat on the other side.



Static Quadriceps

Transtibial Only

STRENGTHENS Quadriceps, STRETCHES Hamstrings

- Push your legs straight out in front of you
- Push the back of your knees into the bed and tighten the thigh muscles
- Repeat



Your notes: