

Exercises For Below Knee Amputees

Please note, this page is printable by selecting the normal print options on your computer.

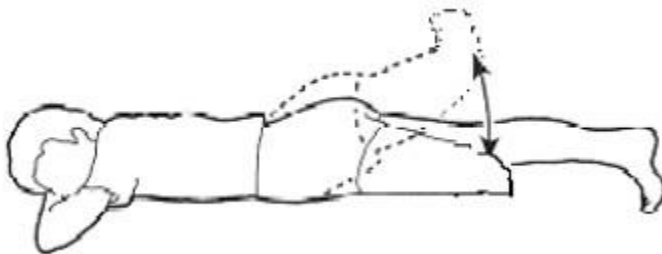
Quad set

- Sit on the bed.
- Put your hands behind you for support.
- Keeping your stump straight, bend your other leg. Keep your legs close together.
- Straighten the knee on your stump as much as possible and press the back of your knee down into the surface underneath, tightening the muscles on top of the thigh.
- Hold for ____ seconds, and then relax.
- Repeat ____ times.



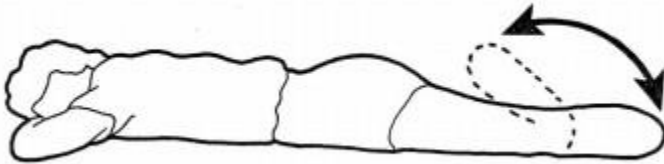
Hip Extension

- Lie flat on your stomach with your arms folded under your head.
- Keep both legs straight and close together.
- Lift your stump off the bed just enough to clear the surface. Be sure to keep your stomach flat on the bed.
- Return to the starting position and relax.
- Repeat ____ times.



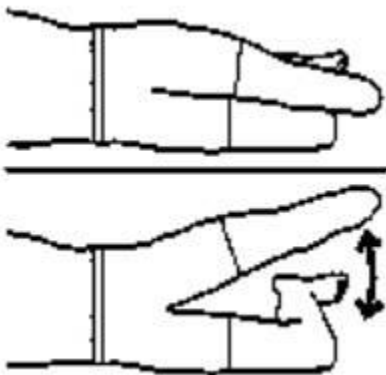
Hamstring Curls

- Lie flat on your stomach with your arms folded under your head.
- Keep your legs straight and close together.
- Bend the knee of your stump, slowly bringing it back to towards your buttocks.
- Slowly return to the starting position and relax.
- Repeat ____ times.



Hip Abduction

- Lie on your side with your affected limb on top.
- Bend your bottom leg to give you more support.
- Lift your stump towards the ceiling. Be sure to keep your knee straight.
- Hold for ____ secs.
- Return to the starting position and relax.
- Repeat ____ times.



Bridging

- Lie on your back & bend both knees up.
 - Squeeze your buttocks and lift your bottom off the bed.
 - Hold for ____ seconds, then relax.
- Repeat this ____ times.



Knee Extension

- Sit up straight in a firm chair or wheelchair or at the side of the bed.
- Grip the sides of the chair for support.
- Straighten the knee of your stump completely, bringing it out straight.
- Return to the starting position and relax.
- Hold for _____ secs.
- Repeat _____ times.

