

Transtibial (below knee) Prosthetic Rehabilitation Exercises

You should practice walking with your prosthetic leg as guided by your physiotherapist. You should expect to use walking aids (for example a zimmer frame or elbow crutches) to start with and your physiotherapist will advise when you can progress.

You should follow your physiotherapist's advice and gradually increase the time you wear your prosthetic leg for.

- **The following exercises should be completed with a stable, supportive surface in front – for example at your kitchen work surface**

Single leg stand

1. Stand facing the stable surface
2. Hold on with both hands
3. Stand on your right leg for 5 seconds
4. Stand on your left leg for 5 seconds
5. Repeat 10 times with each leg



This will be difficult when standing on your prosthetic leg to begin with, try to build up gradually.

March on the spot

1. Stand facing the stable surface
2. Hold on with both hands
3. March on the spot slowly
4. Alternate lifting each leg up and down
5. Repeat 10 times with each leg



Alternate leg backwards

1. Stand facing the stable surface
2. Hold on with both hands
3. Standing on your left leg lift your right leg backwards – keep your body upright
4. Place right leg back on the ground
5. Repeat with the opposite leg
6. Continue to alternate legs
7. Repeat 10 times with each leg



Mini squats

1. Stand facing the stable surface
2. Hold on with both hands
3. Feet shoulder width apart
4. Bend at your hips and knees, sticking your bottom out and keeping the weight on your heels
5. Return to standing position
6. Repeat 10 times



Alternate leg out and in

1. Stand facing the stable surface
2. Hold on with both hands
3. Stand on your left leg and lift your right leg out to the side and back down again
4. Repeat on the opposite side
5. Continue to alternate each leg
6. Repeat each leg 10 times



➤ **These exercises should be completed from a chair with arms**

Chair stands using arms



1. Stand up slowly, make sure weight is evenly spread between right and left leg
2. Sit down slowly reaching back for the arms of the chair
3. Repeat 10 times

Knee straightening in sitting

1. Sit on chair
2. Lift your left foot off the floor straightening your knee as fully as able keeping your thigh on the chair
3. Hold for 5 seconds
4. Slowly lower to the floor
5. Repeat with the right leg



➤ **This exercise is advanced and only for you if you are progressing to walking with no aids**

Tandem walking

1. Place your right foot in front of your left foot so the heel touches the toes and walk forward bringing the left foot in front of the right
2. Continue walking forward as if "tight rope walking"
3. Your hands should be out to the side for balance or use the walking aid advised by your physiotherapist



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