

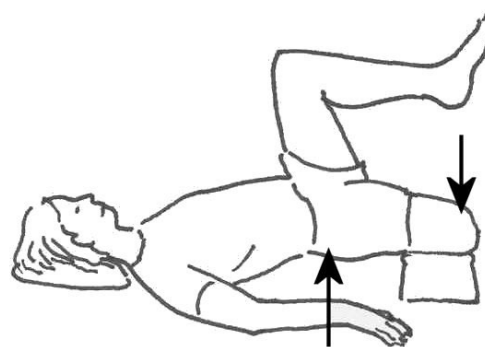


## Advanced above knee amputation exercises

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.

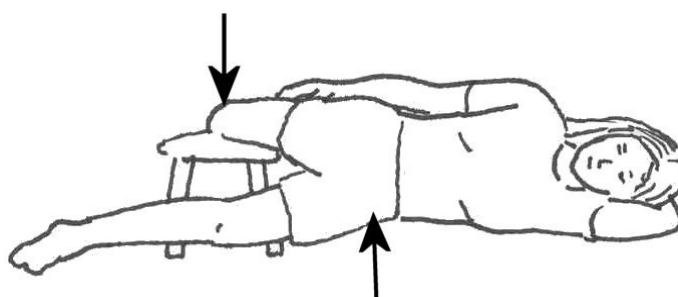
### Bridging

- Lie on your back with a low stool / rolled towels under your legs.
- Lift one leg in the air.
- Press your other leg firmly down onto the stool so that your hips and pelvis are lifted off the ground / bed.
- Hold for 5 seconds.
- Lower gently.
- Repeat \_\_\_ times.
- Repeat with the other leg.



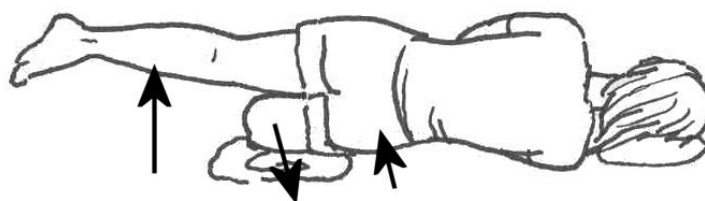
### Leg adduction

- Lie on your side, with your top leg on a low stool / rolled towels. Place your other leg in front of the stool / rolled towels.
- Press your top leg strongly down onto the stool / towels so that your hips and lower leg are lifted off the ground.
- Hold for 5 seconds.
- Lower gently.
- Repeat \_\_\_ times.
- Repeat with the other leg.



### Leg abduction

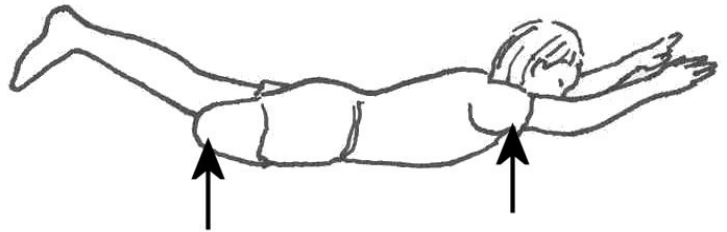
- Lie on your side.
- Place a rolled up pillow under your bottom leg.
- Lift your upper leg off the ground and push your bottom leg firmly down onto the roll so that your hip and pelvis are lifted off the bed.



- Hold for 5 seconds.
- Lower gently.
- Repeat \_\_\_\_ times.
- Repeat with the other leg.

## Extension

- Lie on your stomach with your legs straight behind you and arms stretched straight above your head.
- Lift your head, shoulders, arms and legs off the ground. Only your pelvis should remain in contact with the ground.
- Hold for 5 seconds then lower gently.
- Repeat \_\_\_\_ times.



## Hip flexor stretch

- Lie on your stomach with both legs straight and a towel roll under your operated leg.
- Keep the front of your pelvis resting on the bed / floor
- Adjust the height of the towel roll until you feel a slight stretch to the front of your thigh and hip.
- Hold for \_\_ secs.
- Repeat \_\_ times.



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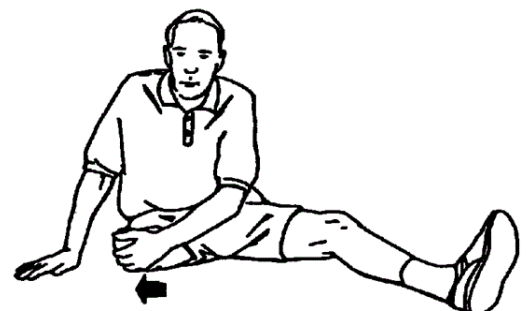
## Hip adduction

- Lie comfortably on your side. Place your top leg on a pillow directly in front of you. Rest your top arm in front of you and tuck your other arm under your head.
- Raise your bottom leg approximately 6 inches up off the resting surface.
- Hold for \_\_ secs.
- Repeat \_\_ times.
- Repeat on the other leg.



## Hip adductor stretch

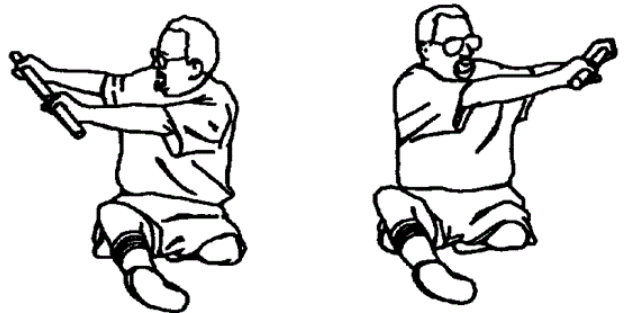
- Sit on a firm surface with your legs straight.
- Keeping one leg still, spread both legs apart as far as possible using the opposite hand to assist in the movement of your residual limb if needed, while the other hand remains on the floor to help maintain your balance. Repeat with the other leg.



- Hold for \_\_ secs
- Repeat \_\_ times. ©Advanced Rehab Therapy

### **Seated broomstick trunk rotation**

- Sit on a firm resting surface with your legs straight, or slightly bent. Hold a stick in your hands, palms facing down.
- Raise the stick to your shoulder height and slowly rotate from side to side, keeping your buttocks flat on the bed / floor.
- Repeat \_\_ times.



### **Useful numbers and contacts**

Limb Absence Physiotherapy queries, Tel: 0118 322 5339 or email: [gail.murray@royalberkshire.nhs.uk](mailto:gail.murray@royalberkshire.nhs.uk)

Battle Block Outpatient Therapies, Level 1, Battle Block, Royal Berkshire Hospital

Visit the Trust website at [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

Gail Murray, Limb Absence Physiotherapist, RBFT Physiotherapy Department

Reviewed: April 2024. Next review due: April 2026 Review due: March 2024