

# Above-Knee Amputation: Exercises for Strength and Range of Motion

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## *Rehabilitation Home Program*

Name \_\_\_\_\_ Date \_\_\_\_\_

Therapist \_\_\_\_\_ Phone number \_\_\_\_\_

### **After your surgery**

These exercises will:

- Reduce pain and increase blood flow. This helps your limb to heal.
- Increase muscle strength, so you can move more easily on your own.
- Keep your muscles flexible (able to bend easily).

### **How often to exercise**

Do these exercises: \_\_\_\_\_

\_\_\_\_\_

### **Special instructions**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **Instructions**

- Do these exercises with your residual limb (the leg that had surgery).
- Use slow and controlled movements.
- Never hold your breath when you exercise.
- Exercise on your bed, unless your therapist asks you to lie on the floor.
- To make exercises harder, slowly increase the number of repetitions.
- Work hard, but stay within your level of comfort. You may feel your muscles stretch. Exercises should not cause sharp pain.

### ☐ **Limb lifts: Lying on back (hip flexion)**

Lie on your back with both legs flat. Lift your limb as close to the chest as you can. Return to starting position.

Repeat \_\_\_\_\_ times.

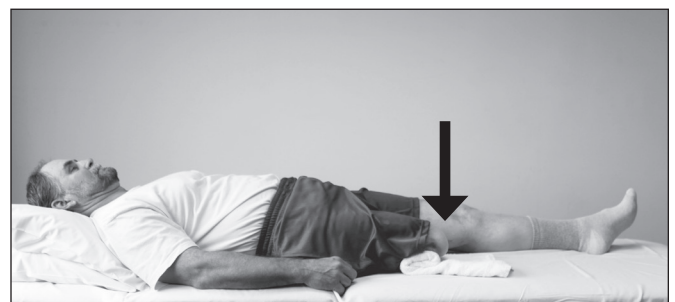


### ☐ **Limb press (*hip extension*)**

Lie on your back. Place a small rolled towel under your limb.

Tighten the muscles in your buttocks, pressing your limb down into the roll. Hold for 5 seconds.

Repeat \_\_\_\_\_ times.



### ☐ **Limb slides (*hip abduction and adduction*)**

Lie on your back with both legs flat. Slide your limb out to the side at far as you can. Return to starting position.

Repeat \_\_\_\_\_ times.



### ☐ **Hip strengthening (*isometric hip abduction and adduction*)**

Lie on your back. Place a rolled towel between your thighs. Place a belt or strap around your thighs.

Press your thighs out against the belt or strap. Hold for 5 seconds. Relax.

Then, squeeze the towel. Hold for 5 seconds. Relax.

Repeat \_\_\_\_\_ times.



### ☐ **Thigh stretch (*hip flexor stretch*)**

Lie on your back with both legs close to your chest. Hold your full leg as you lower your limb to the surface. You will feel a stretch at the front of your thigh and hip.

Hold for \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.



### ☐ **Buttocks squeeze (*gluteal sets*)**

Lie on your back with both legs flat. Slowly tighten the muscles in your buttocks, squeezing the cheeks together. Hold 5 seconds.

Repeat \_\_\_\_\_ times.



☐ **Single leg bridge on full leg (*unilateral hip extension bridge*)**

Bend your full leg so your foot is flat on the floor or bed. Press your heel into the bed and lift your buttocks using your limb. Keep your hips level as you lift.

Hold for \_\_\_\_ seconds. Then, slowly return to starting position.

Repeat \_\_\_\_ times.



☐ **Limb lifts: Lying on side (*side-lying hip abduction*)**

Lie on the side of your full leg. Lift your limb, keeping it in line with your body. Then, slowly return to starting position.

Repeat \_\_\_\_ times.



### ☐ **Limb lifts: Lying on stomach (*prone hip extension*)**

Lie on your stomach. Your hips should be flat against the floor or bed.

Lift your limb up toward the ceiling as far as you can. Then, slowly lower your limb.

Repeat \_\_\_\_\_ times.



### ☐ **Chair push-ups (*triceps push-ups*)**

Sit in a chair with elbows bent. Place your hands on the arms of the chair.

Straighten your elbows to lift yourself up from the chair. Hold for 5 seconds. Then, slowly return to starting position.

Repeat \_\_\_\_\_ times.

