Below-Knee Amputation: Exercises for Strength and Range of Motion

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).

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.

How often to exercise

Do these exercises: __________________________
_________________________________________

Special instructions

_________________________________________
_________________________________________
☐ **Knee press (quadriceps sets)**

Lie on your back with your knees straight. Tighten the muscles on the top of your thigh.

Press the back of your knee down into the bed or floor. Hold for 5 seconds.

Repeat _____ times.

☐ **Limb lifts**

Lie on your back with your knees straight. Tighten the muscles on the top of your thigh.

Lift your limb, keeping the knee straight. Slowly return to starting position.

Repeat _____ times.
☐ **Hip stretch** *(hip flexor stretch)*

Lie on your back with knees bent, thighs close your chest.

Hold your full leg as you lower your limb. You will feel a stretch at the front of your thigh and hip. Hold for _____ seconds. Then, slowly return to starting position.

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 press: Lying on back (hamstring sets)**

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

Tighten the muscles in the back of your thigh. At the same time, press down into the towel roll, as if you were trying to bend your knee. Hold for 5 seconds, then relax.

Repeat _____ times.

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

Lie on your back. Place a rolled towel between your knees. 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.
☐ **Limb lifts: Lying on side (side-lying hip abduction)**

Lie on the side of your full leg.

Lift your limb as high as you can, 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 return to starting position.

Repeat _____ times.
☐ **Limb press: Lying on stomach (prone quadriceps sets)**

Lie on your stomach. Place a rolled towel under your limb, just below the knee.

Tighten the muscles on the front of your thigh. At the same time, press your limb into the roll. Hold for 5 seconds.

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.