Recommended Exercises

Exercises are very important to help maintain your muscle strength, to keep your joints mobile and to stimulate circulation, thus giving you the best chance to stay independent, either in a wheelchair or using a prosthesis. It is recommended that exercises should be continued, even if you are an established limb wearer.

This section has been designed in association with the British Association of Chartered Physiotherapists in Amputee Rehabilitation (BACPAR) and the Physiotherapy Inter Regional Prosthetic Audit Group to remind you of the exercises you may have been taught by your physiotherapist and to help you perform them correctly at home. All of these exercises should be done in a slow and controlled manner and as part of a fitness programme designed by your physiotherapist.

Each individual has different needs and your physiotherapist will tailor a programme based on your personal requirements. If you experience ANY pain whilst exercising, please stop the exercise immediately and seek advice from your doctor or physiotherapist.

**Please Note:** These exercises are general recommendations only and any exercise regime or activity should be checked with a healthcare professional first, such as your physiotherapist.

**Exercise 1**

**Static Quadriceps**

- Push your legs out in front of you
- Push the back of your knees into the bed and tighten thigh muscles
- Hold for 5 seconds
- Repeat 10 times

**Exercise 2**

**Static Gluteal Contractions**

- Lie on your back
- Keep both legs straight and close together
- Squeeze your buttocks as tightly as possible
- Hold for 5 seconds
- Repeat 10 times
Exercise 3

Hip Abduction in Side Lying
- Sit with both legs out in front of you
- Place a pillow or rolled up towel between your knees
- Squeeze your legs together
- Hold for 5 seconds
- Repeat 10 times

Straight Leg Raise
- Put your legs out in front of you
- Tighten your thigh
- Lift your leg off the bed
- Hold for 5 seconds
- Slowly lower
- Repeat 5 times

Exercise 4

Hip Flexation & Extension in Side Lying
- Lie on your side
- Bend the bottom leg
- Lift your residual limb slightly
- Bring your residual limb towards your chest
- Slowly bring your residual limb back in line with your body
- Repeat 5 times

Exercise 5
**Exercise 6**

**Hip Abduction in Side Lying**
- Lie on your side
- Bend the bottom leg
- Keep hips and top leg in line with your body
- Slowly lift your top leg up
- Slowly lower
- Repeat 5 times
- Turn over and repeat with other leg

*NB Try not to let you hips roll forwards or backwards*

**Exercise 7**

**Hip Flexor Stretch**
- Lie on you back, preferably without a pillow
- Bend your knee towards your chest and hold with your hands
- Push your opposite leg down flat onto the bed
- Hold for 30-60 seconds then relax
- Repeat the above with the other leg
More Advanced Exercises for an Established Amputee

Exercise 8
Side-to-Side Balance

- Stand between two chairs (preferably in front of a mirror)
- Place one hand on each chair with your feet two to four inches apart
- Shift your body weight slowly from right to left. Note how the pressure on your residual limb changes within the prosthetic socket when you put the weight on it.
- Familiarise yourself with the movements throughout your legs
- Work towards maintaining your balance using the muscles within the socket and eventually eliminate the use of hand supports

Exercise 9
Side Stepping

- Stand at one end of a kitchen counter or at a long sturdy table
- Face the counter/table and place both hands on it for support
- Begin by side stepping to your unaffected side
- Concentrate on keeping your hips even with each other and not leaning way over your prosthetic limb as you move your unaffected limb
Exercise 10

Resisted Elastic Kicks

You will need a sturdy, immovable table or sofa leg and some rubber tubing.

- Secure one end of the rubber tubing to a sturdy table leg and place the other end around your ankle
- Holding onto a chair, move far enough away from the table to slightly stretch the tubing.
- Kick your leg back, while facing the table
- Kick across the prosthetic limb
- Once you are fully confident, try these exercises again securing the rubber tubing to your prosthetic leg.