

All exercises listed are intended for general information only and may not be suitable for your personal use. If you have any concerns please call your physical therapist or doctor if you have any concerns about your safety or ability to safely complete these exercises.

## HIP FLEXION - SUPINE

Repeat 15 Times

Complete 2 Sets

Perform 1 Times a Day

Appropriate for all amputees



Lie on your back and then lift residual limb up towards ceiling and hold 2 sec. Lower back down and repeat. May be done with prosthesis in place for additional difficulty.



## SINGLE LEG BRIDGE

Repeat 15 Times

Complete 2 Sets

Perform 1 Times a Day

Appropriate for all amputees

Lie on your back with a rolled up towel under your residual limb. Next, raise your sound leg off the floor. Then press your residual limb down and into the towel as you lift your pelvis off the floor. Hold, lower back down and repeat.



## HIP EXTENSION - PRONE -

Repeat 15 Times

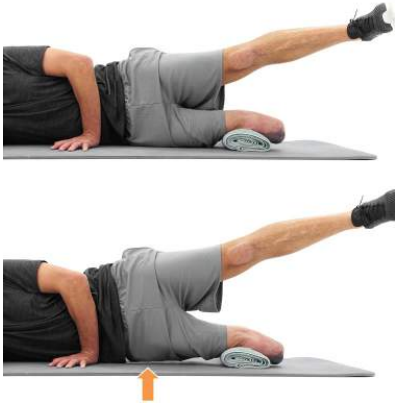
Complete 2 Sets

Perform 1 Times a Day

Appropriate for all amputees

Lie on your stomach and then lift residual limb up towards ceiling. Lower back down and repeat.





**PELVIC LIFT - SIDELYING -**

Appropriate for all amputees.

Lie on the side of your residual limb. Place towel under residual limb and use upper arm for stability.

Start by lifting top leg off the floor. Then, lift your hip off the floor by pushing residual limb against towel. Hold, relax, repeat.

Repeat 15 Times  
 Complete 2 Sets  
 Perform 1 Times a Day



**PUSH UP**

Appropriate for all amputees

Lying face down, use your arms and push yourself up as shown.

Lower back down and repeat.

Keep the toes of your sound limb in contact with the floor and maintain a straight back the entire time. Knees may also be bent to reduce stress if required.

Repeat 5 Times  
 Complete 2 Sets  
 Perform 1 Times a Day



**HIP ADDUCTION - PILLOW OR TOWEL SQUEEZE - PRONE**

Appropriate for all amputees

Place a rolled up towel or folded pillow between your thighs and then lie on your stomach.

Squeeze your thighs together firmly. Hold, release, and repeat.

Repeat 15 Times  
 Hold 3 Seconds  
 Complete 1 Set  
 Perform 1 Times a Day



**TRUNK ROTATION - SIDE LYING -**

Appropriate for all amputees

Lying on your side with residual limb on top, hold thigh of residual limb with bottom most hand. Then, reach back with your top most arm as you rotate your head and trunk until a gentle stretch is felt along your spine and hip. Hold, relax and repeat.

Repeat 3 Times  
 Hold 45 Seconds  
 Complete 1 Set  
 Perform 1 Times a Day



### HIP FLEXOR STRETCH WITH TOWEL - PRONE -

Appropriate for all amputees

Lie on your stomach and place a rolled up towel under your residual limb as shown. Next, push yourself up using your arms to allow for a stretch to the front of your hips. Hold, relax, and repeat.



Repeat 3 Times  
Hold 45 Seconds  
Complete 1 Set  
Perform 1 Times a Day



### HAMSTRING STRETCH - SUPINE -

Appropriate for all amputees

While lying on your back, raise up your residual limb and hold the back of it. Pull the leg upwards until a stretch is felt. Hold, relax, and repeat.



Repeat 3 Times  
Hold 45 Seconds  
Complete 1 Set  
Perform 1 Times a Day



### QUAD SET - KNEE EXTENSION STRETCH - AMPUTEE

Below knee only

While sitting or lying down on your back, place a rolled up towel under your residual limb. Next, fully extend your knee as you imagine trying to move the back of your knee towards the ground. Hold, relax and repeat.



Repeat 15 Times  
Hold 3 Seconds  
Complete 2 Sets  
Perform 1 Times a Day