

Exercises for Above Knee-Amputees

Contact Telephone Numbers at Yeovil District Hospital are:

Physiotherapy Department (01935) 384358

Occupational Therapy Department (01935) 384215

Lydford Ward (7A) (01935) 384431

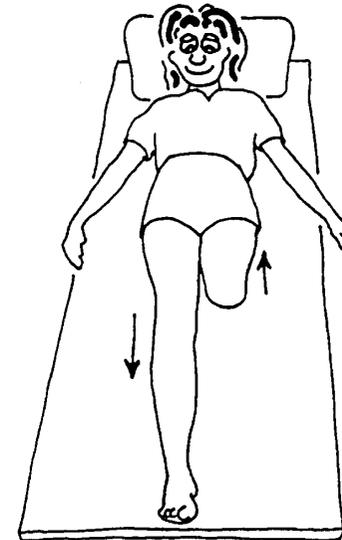
Physiotherapy Department

Exercises for Above-Knee Amputees

- 1) prone lying.
- 2) hip extension (prone lying).
- 3) static gluteal contractions.
- 4) hip adduction.
- 5) hip flexor stretch.
- 6) bridging.
- 7) hip flexion - extension in side lying.
- 8) hip abduction.
- 9) hip hitching.

9) Hip Hitching

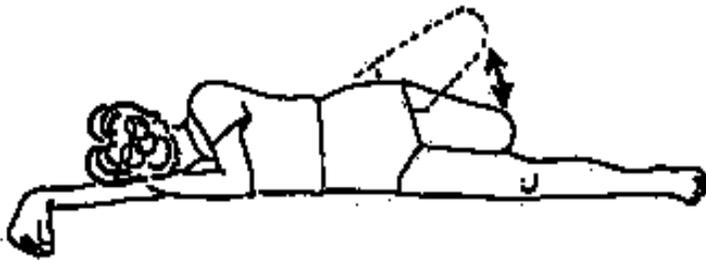
- 1) Lie on your back with your head on a pillow.
- 2) Push remaining leg down towards the end of the bed.
- 3) At the same time pull the stump upwards so that it seems to shorten. Keep both legs flat on the bed. (You should feel a pull at your waist.)
- 4) Return to starting position and relax.



repeat times

8) Hip Abduction

- 1) Lie flat on your side, stump uppermost.
- 2) Bend bottom leg backwards for support.
- 3) Slowly lift your stump upwards, taking care not to roll your body forward.
- 4) Slowly return to the starting position and relax.



repeat times

N.B. If you are able, try the same exercise lying on your other side.

1) Prone Lying

Lying regularly on your stomach can help to stretch the muscles in front of the hip joint. These muscles can quickly become tight and inflexible if exercises are not performed after an amputation.

N.B. If for any reason you are unable to lie on your stomach, there are alternative exercises to maintain the flexibility of your hip joints.

Points to Remember

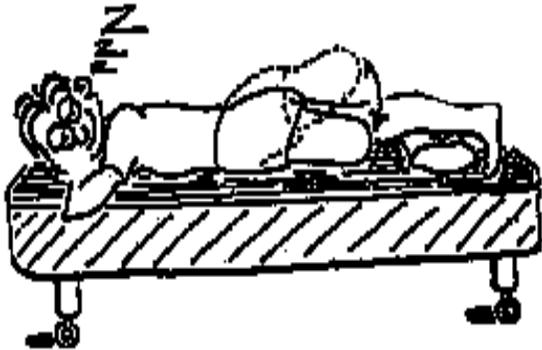
- 1) Roll over toward your sound leg.
- 2) Lie with both hips flat on bed.
- 3) Turn head toward good side (if able).
- 4) No pillows or one pillow if necessary.
- 5) Arms positioned where comfortable.
- 6) Place pillow under sound leg to prevent toes digging into the bed.



Spend 5-10 minutes in this position initially, progressing as able to 20-30 minutes twice a day.

2) Hip Extension - (Prone lying)

- 1) Lie flat on your stomach with your arms folded under your head.
- 2) Keep both legs straight and close together.
- 3) Lift your stump off the bed as far as you can while keeping your stomach flat on the bed.
- 4) Return to starting position and relax.

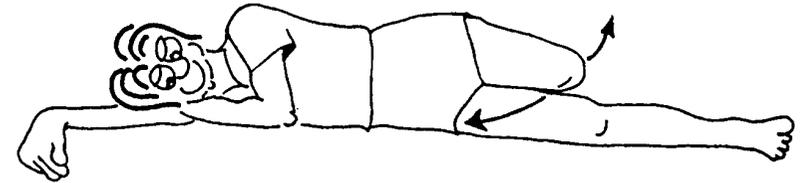


repeat times

N.B. Place pillow under sound leg to prevent toes digging into the bed.

7) Hip Flexion-Extension in Side Lying

- 1) Lie flat on your side, stump uppermost.
- 2) Bend bottom leg backward for support.



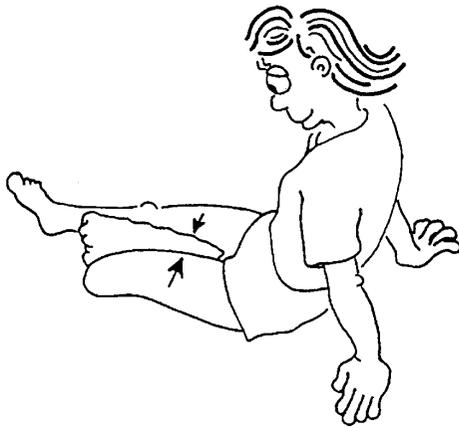
- 3) Slowly take the stump forward towards your stomach.
- 4) Slowly stretch the stump backwards behind you.
- 5) Return to starting position and relax.

repeat times

N.B. If you are able, try the same exercise lying on your other side.

4) Hip Adduction

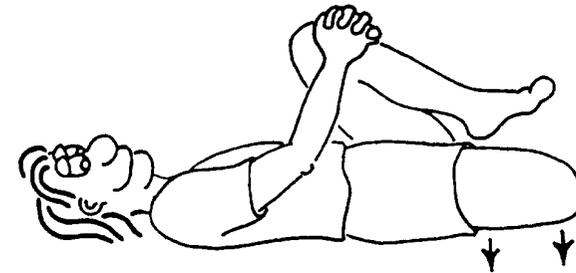
- 1) Sit on the floor with your hands behind you for support (or on the bed with back supported by pillows).
- 2) Keep both legs straight.
- 3) Place a rolled towel between your legs (or pillow).
- 4) Squeeze the towel between your legs for five seconds, then relax.



repeat times

5) Hip Flexor Stretch

- 1) Lie on your back with as few pillows as possible under your head.
- 2) Grasp the knee of your sound leg and pull it as close to your chest as possible.
- 3) Push the back of the stump down towards the bed.
- 4) Hold for 10 seconds then relax.

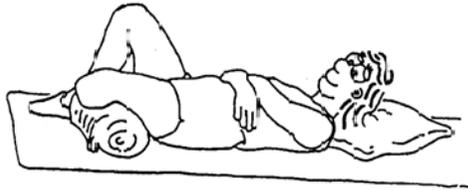


repeat times

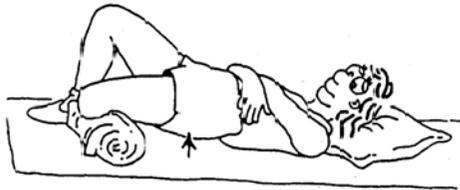
N.B. Do not do this exercise if you have an artificial hip joint on your sound limb side.

6) Bridging

- 1) Lie on your back with your head on a pillow, your arms folded across your chest.
- 2) Place a rolled towel under your stump.
- 3) Keep your stump straight and bend your other leg.



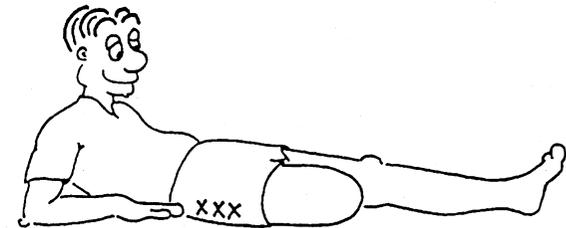
- 4) Push your stump down into the towel as you squeeze your buttocks together and lift them up off the floor.
- 5) Hold for five seconds then relax.



repeat times

3) Static Gluteal Contractions

- 1) Recline on your back, propping yourself up on your elbows (or support your back with pillows).
- 2) Keep both legs straight and close together.
- 3) Squeeze your buttocks together as tightly as possible.
- 4) Hold for five seconds, then relax.



repeat times