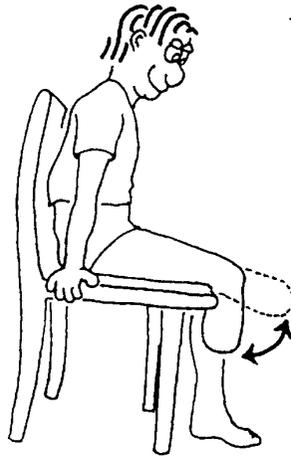


6) Quadriceps and Hamstring Exercises (in Sitting)

- 1) Sit on a firm chair that allows free movement of the stump backwards. Keep your thigh well supported on the seat.
- 2) Grip the sides of the chair for support.
- 3) Slowly straighten the knee of your stump completely and hold for five seconds.
- 4) Bend your knee back as far as possible and hold for five seconds.



repeat times

Contact Telephone Numbers at Yeovil District Hospital are:

Physiotherapy Department	(01935) 384358
Occupational Therapy Department	(01935) 384814
Lydford Ward (7A)	(01935) 384431

Yeovil District Hospital **NHS**
NHS Foundation Trust

Exercises for Below Knee-Amputees

Physiotherapy Department

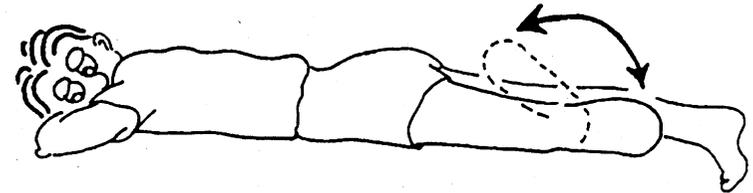
Exercises for Below-Knee Amputees

- 1) Bridging.
- 2) Quadriceps-knee bracing.
- 3) Quadriceps - inner range quadriceps.
- 4) Hip Abduction.
- 5) Hamstring exercises (in lying).
- 6) Quadriceps and Hamstring exercises (in sitting).

N.B. The above-knee amputee exercises should also be used to keep your hip joints mobile and strengthen the muscles around your hips.

5) Hamstring Exercises (in Lying)

- 1) Lie flat on your stomach with your arms folded under your head.
- 2) Bend the knee of your stump, slowly bringing it back towards your buttocks.
- 3) Slowly return to the starting position and relax.

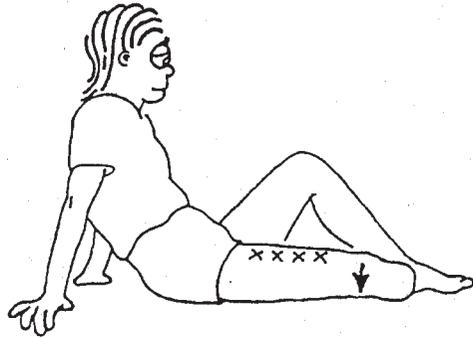


repeat times

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

2) Quadriceps Exercises - Knee Bracing

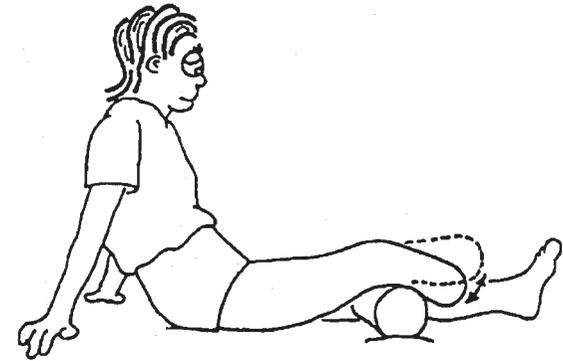
- 1) Sit on floor with your hands behind you for support (or sit on bed with your back supported by pillows).
- 2) Keeping your stump straight, bend your sound leg.
- 3) Straighten the knee on your stump as much as possible, tightening the muscles on top of the thigh.
- 4) Hold for five seconds then relax.



repeat times

3) Quadriceps Exercises - Inner Range Quadriceps

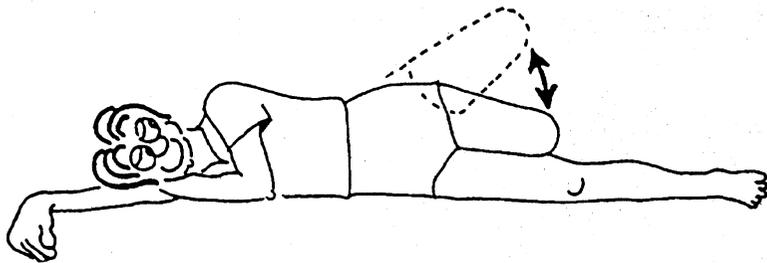
- 1) Sit on floor with your hands behind you for support (or sit on bed with your back supported by pillows).
- 2) Place on rolled towel under your knee on the stump side.
- 3) Raise stump until your knee is straight keeping back of leg in contact with towel.
- 4) Hold for five seconds then release.



repeat times

4) 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.

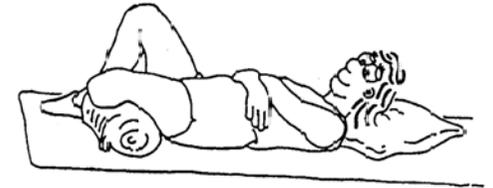


repeat times

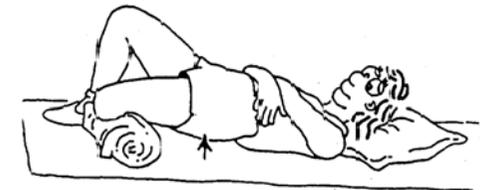
N.B. If you are able, try the same exercise lying on your other side.

1) 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