

## Below Knee Amputee Home Exercise Program

It is important that you take an active role in your rehabilitation. The following exercises must be done every day to prevent complications.

After below the knee amputation, it is important to prevent the hip from staying in a bent or flexed position. To prevent this from happening you need to do the following:

- Frequently change the position of your hip.
- Do **NOT** sit in a chair for long periods with your knee bent. Prop your leg on a chair.



- Do **NOT** put your amputated leg on a pillow when lying down, unless otherwise told to do so. Do not place a pillow under your hips, knees or between your thighs.



- Do **NOT** hang your stump over the side of the bed.



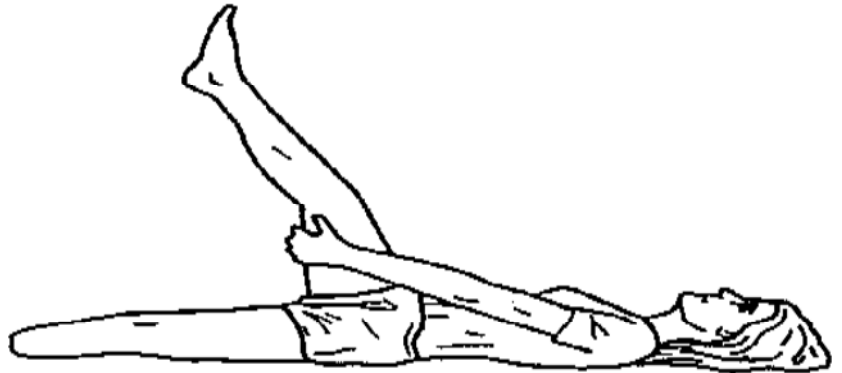
Do only the exercises checked by your therapist. Do each exercise \_\_\_\_\_ times a day.

### Stretching exercises:

Do **NOT** bounce back and forth when doing stretching exercises.

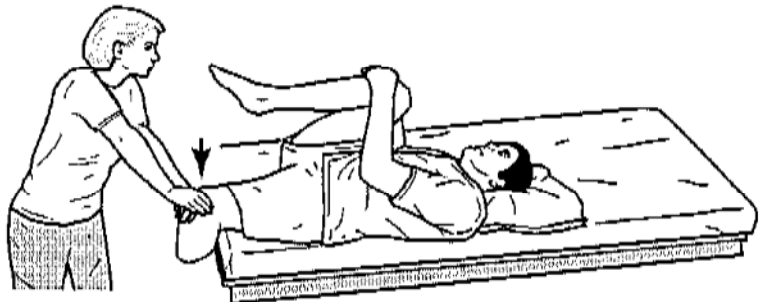
#### Hamstring Stretch:

Lie on your back. Bring your non-amputated limb towards your chest. Put your arm around your thigh and pull even closer. Hold for 20 seconds. Bring your non-amputated knee towards your chest. Straighten your leg until you feel a stretch in the back of your thigh.



#### Hip Flexor Stretch:

Lie on your back. Bring your non-amputated leg up to your chest and hold it with your arms. Have someone push your amputated limb down to the bed and hold it for a count of 20. Relax and repeat. When your amputated leg can easily lie on the bed, scoot to the side and dangle your amputated limb over the side of the bed. Repeat the above exercise.



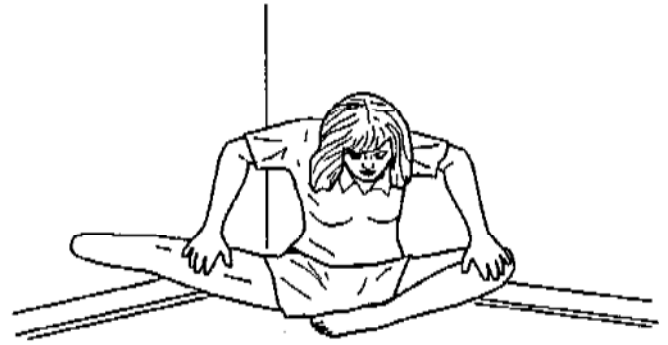
#### Alternative Stretch:

Lie on your stomach. Place a rolled towel under your amputated limb. Lie in this position for 20 minutes. As you stretch the hip flexor muscle, you may increase the size of the towel roll.



### □ Adductor Stretch:

Sit with your back against a wall or against the head of your bed. Put your amputated limb out to the side and bend the other leg slightly. Push on the thigh, so you feel a stretch in your inner thigh. Make sure that both buttocks remain on the floor. Do not lift one up in the air.



### □ Knee Bending:

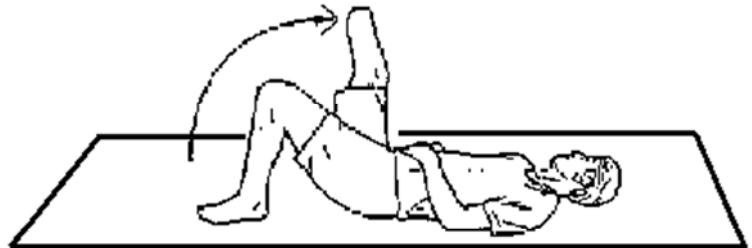
- Lie on your back and bend the knee of your amputated leg to your chest. Bend it as far as possible and then straighten the knee completely. Return to the starting position.



- Lie on your stomach and bend your knee backwards as far as possible, keeping the thigh of your non-amputated leg on the bed.

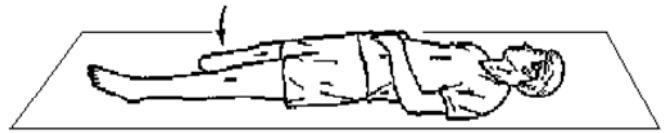
### □ Straight Leg Raise:

Bend your leg and put your foot flat on the floor. Lift your amputated leg towards the ceiling. Keep your knee straight.



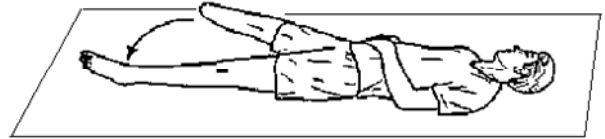
**Quad Sets:**

Push the back of your knee down against the bed to tighten your thigh muscle. Hold for 5 seconds and release. Do this exercise on your amputated and non-amputated leg.



**Hip Outward and Inward:**

Keep your knee of the amputated leg straight and pointed to the ceiling. Move your leg out to the side and then back.



**Short Arc Quad:**

Place a large towel roll under the knee of your amputated leg. Straighten your knee and hold for \_\_\_\_\_ seconds.



**Desensitization**

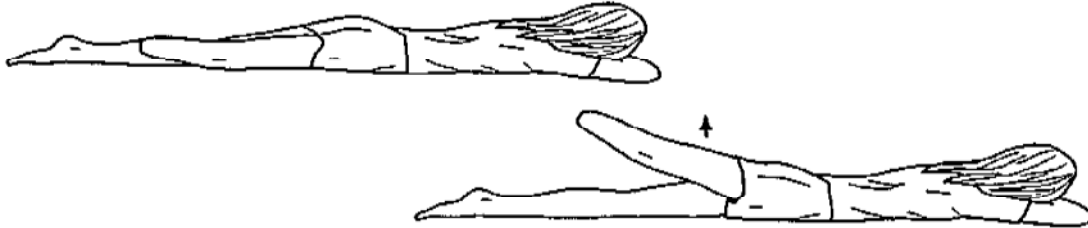
After surgery you may feel more sensitivity of the leg where the amputation occurred. To reduce this sensation, rub your leg with your hand or a towel. Be careful when you rub around the area of the incision.



## Strengthening Exercises

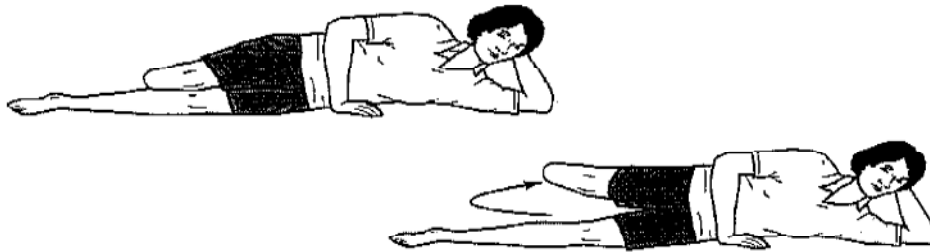
### Hip Extension - Prone:

Lie on your stomach. Lift your amputated limb towards the ceiling keeping your knee straight. Hold and then return to the starting position. Repeat \_\_\_\_\_ times.



### Hip Extension on Side:

Lie on your side. Push your amputated leg straight back behind you. Hold and then return to the starting position. Repeat \_\_\_\_\_ times.



### Hip Extension #2:

Lie on your back. Place a rolled towel under the end of your amputated limb. Push down into the towel and lift your hips off the floor. Repeat \_\_\_\_\_ times.



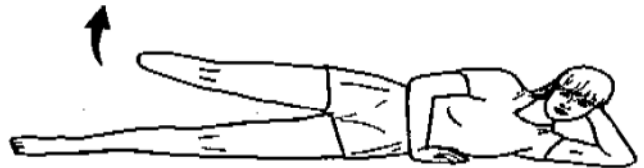
Hip Abduction:

Lie on your back. Fasten a belt or theraband around your thighs as low as it is comfortable. Try to pull your legs apart by pushing outward against the belt or theraband. Push for a count of 5. Relax. Repeat \_\_\_\_\_ times.



Hip Abduction on Side:

Lie on your side and lift your top leg towards the ceiling. Do not turn your knee up towards the ceiling. Return to the starting position. Repeat \_\_\_\_\_ times. Repeat this exercise with the other leg on top.



Hip Adduction:

Lie on your back. Place a rolled towel or pillow between your legs as low as is comfortable. Squeeze the towel between your legs for a count of 5. Relax. Repeat this \_\_\_\_\_ times.



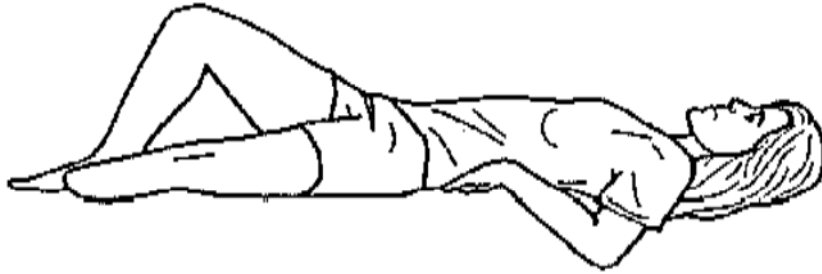
Alternative Hip Adduction Exercise:

Lie on your side. Bring your top leg forward and let your foot rest on the floor in front of you. Lift your bottom leg toward the ceiling. Return to the starting position. Repeat \_\_\_\_\_ times.



□ Pelvic Tilt:

Lie on your back. Bend your knee so the foot of your non-amputated leg is resting flat on the floor. Place your hands in the small of your back. Push your low back into your hands. Hold for a count of 5. Relax. Repeat this \_\_\_\_\_ times.



□ Partial Sit-up:

Lie on your back. Bend your hips so the foot of your non-amputated leg is resting flat on the floor. Rest your hands on your thighs. Slowly curl up until your head and shoulder blades are off the floor. Look up to the ceiling as you do this exercise. Repeat \_\_\_\_\_ times.



Medical Disclaimer:

Always consult your physician before beginning any exercise program. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider. If you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath immediately stop the exercise and contact your physician. Mild soreness after exercise may be experienced after beginning a new exercise program. Contact your healthcare provider if the soreness does not improve after 2-3 days.

If you have any questions concerning the above mentioned exercises please do not hesitate to contact our office.