



أمانة للرعاية الصحية
Amana Healthcare
Brought to you by M42

Above Knee Amputee Exercise Program



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It is important that you take an active role in your rehabilitation. The following exercises are important to complete as part of your initial rehabilitation programme to prevent complications. Your therapist will adjust and progress your exercises according to your specific needs.

After an above 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.
- Lie on your stomach as discussed by your therapist.
- Do not place a pillow under your stomach.
- 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.



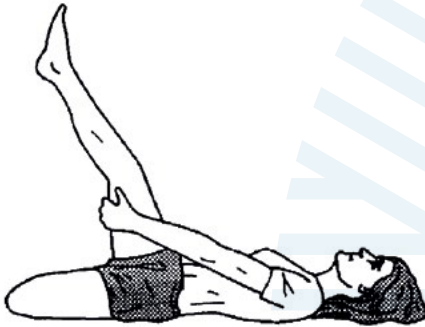
- Do not hang your stump over the side of the bed.
Do these exercises as advised by your therapist.
Do each exercise __ times a day.



Hamstring Stretch

Lie on your back. Rest your amputated limb onto a flat surface. Put your arms around your thigh of your non-amputated leg and bring this limb towards your chest. Straighten your knee until you feel a stretch in the back your thigh. Hold for 20 seconds.

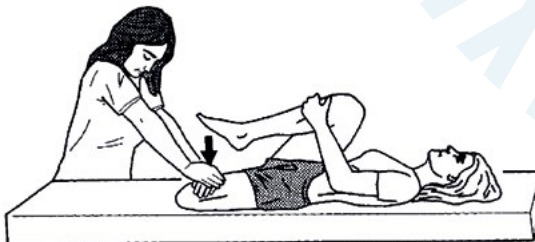
Repeat ___ times.



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 seconds. Relax and repeat. When your leg can easily lay on the bed, move to the side and rest your amputated limb over the side of the bed. Repeat the exercise below.

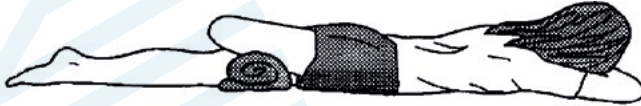
Repeat ___ times.



Prone Lying Hip Flexor Stretch

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

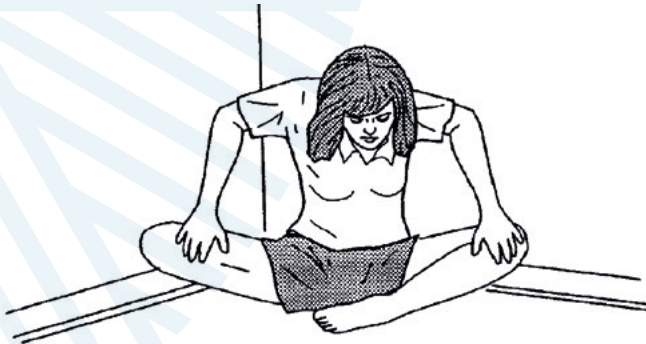
Repeat ___ times.



Adductor Stretch

Sit with your back against a wall or against the head of your bed. Position your amputated limb out to the side and bend the other leg at the knee. 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. Hold for 20 seconds.

Repeat ___ times.



Strengthening Exercises

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 a starting position.

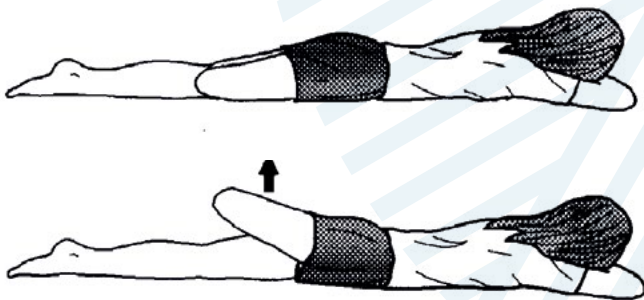
Repeat ___ set x ___ times.



Hip Extension #1

Lie on your stomach and lift your amputated limb off the bed towards the ceiling. Return to the starting position. Use _____# weight if instructed by your therapist.

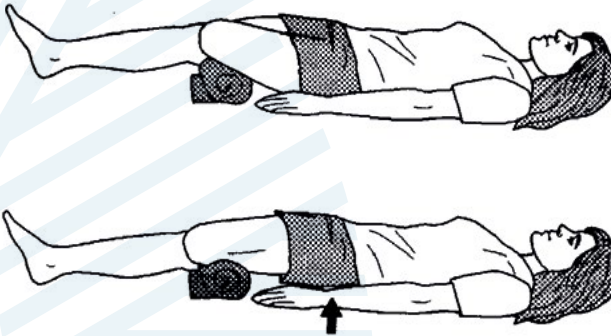
Repeat ___ sets x ___ times.



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 ___ sets x ___ 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 seconds. Relax.

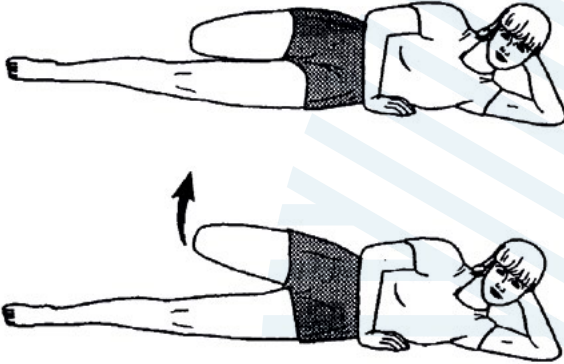
Repeat ___ sets x ___ times.



Alternative Hip Abduction Exercise

Lie on your side and lift your top leg toward the ceiling. Keep your knee pointed forward. Return to the starting position.

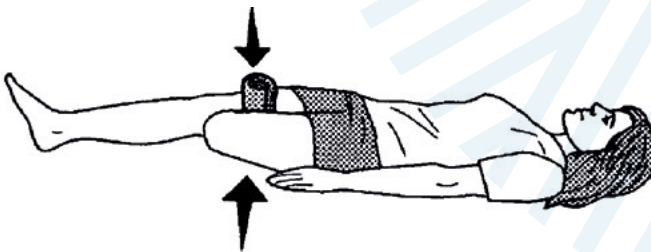
Repeat ___ sets x ___ times. Repeat this exercise with the other leg on top.



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 seconds. Relax.

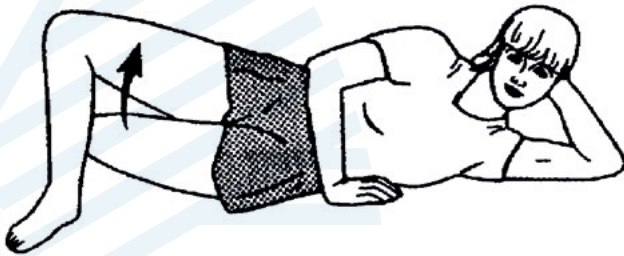
Repeat ___ sets x ___ times.



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 ___ sets x ___ 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 seconds. Relax.

Repeat ___ sets x ___ 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 ___ sets x ___ times.

