



أمانة للرعاية الصحية
Amana Healthcare
Brought to you by M42

Below Knee Amputee Exercise Program



For more information,
please contact us:

✉ info@amanahealthcare.com

🌐 amanahealthcare.com





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 a below the knee amputation, it is important to prevent the hip and knee 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 and knee.
- 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 amputated leg over the side of the bed.

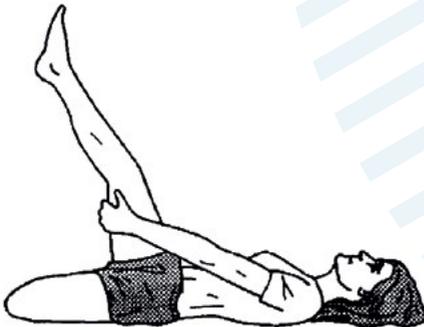


Do these exercises as advised by your therapist. Do each exercise ___ times a day.

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.

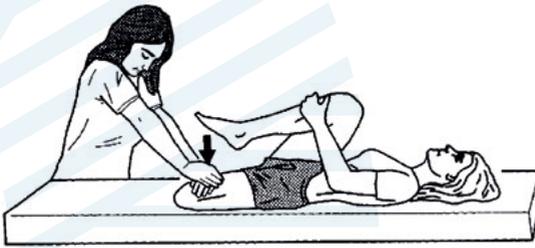
Repeat ___ times.



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.

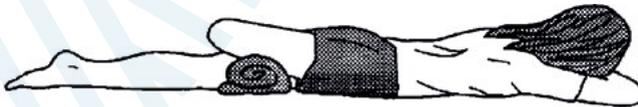
Repeat ___ times.



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.

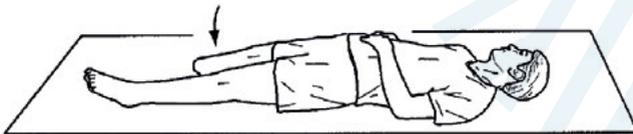
Repeat ___ times.



Quads Exercises

Push the back of your knee down against the bed to tighten your thigh muscles. Hold for 5 seconds and release.

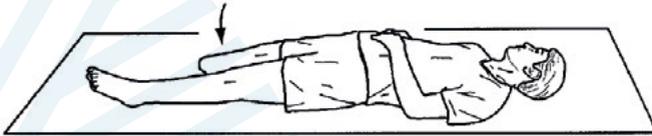
Repeat ___ sets x ___ times.



Gluteal Exercises

Squeeze your buttocks together. Hold for 5 seconds and release.

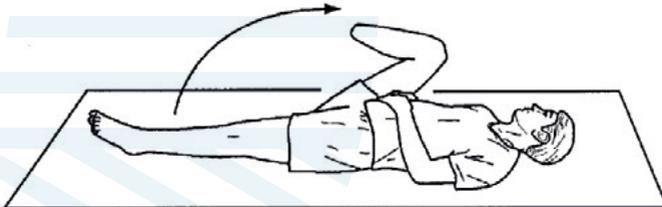
Repeat ___ sets x ___ times.



Hip and 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 a starting position.

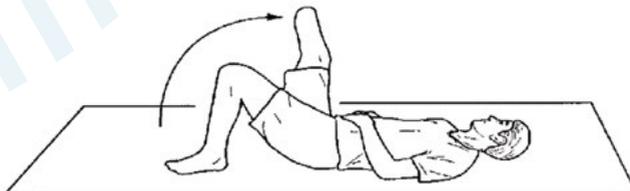
Repeat ___ sets x ___ times.



Straight Leg Raise

Bend your leg and put your foot flat on the floor. Keep the knee of your amputated leg straight and lift it toward the ceiling.

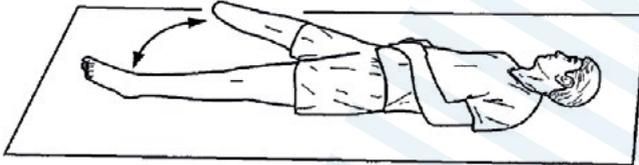
Repeat ___ sets x ___ times.



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.

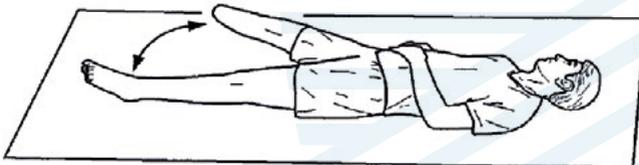
Repeat ___ sets x ___ times.



Short Arc Quad (Inner Range Quads)

Place a large towel roll under the knee of your amputated leg. Straighten your knee and hold for 5 seconds.

Repeat ___ sets x ___ times.



Prone Lying Hip Flexor Stretch

Lie on your stomach for ___ minutes, 2 or 3 times a day. Do not put a pillow under your stomach.

Repeat ___ sets x ___ times.



Desensitization

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

