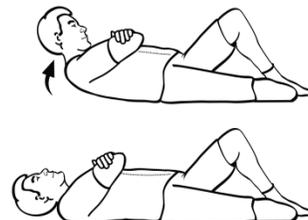


# Below Knee Amputation – Early Exercises

## Abdominal Strengthening – Crunches

1. Lie on your back with arms crossed over your chest and knee bent.
2. Flatten your back by tightening stomach muscles and tilting your hips up.
3. Raise shoulders off floor, tucking chin to chest.
4. Hold 5 seconds.



## Hip Extension – Leg Press Down to Knee Extension Stretch

1. Lie on your back with a towel roll under your thigh and your other leg bent with the foot on the bed.
2. Press your thigh down into the towel while squeezing your buttocks together. As you get stronger, try to lift your buttocks off the bed.
3. Hold 5 seconds.
4. Now move the towel under the end of your affected leg.
5. Straighten your knee and hold for 10 seconds.



For more of a stretch, add a small weight to the front of your thigh.

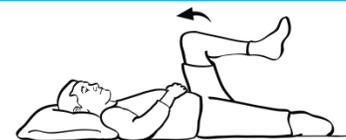
## Hip Flexor Stretch

1. Lie on your back with both legs bent up.
2. Grasp one thigh with both hands and lower the other thigh to rest flat on the bed. You will feel a stretch on the front of this leg.
3. Hold 5 seconds. Repeat with other leg.



## Hip Flexion – Leg Lift Up

1. Lie on your back. If you can, support yourself up on your elbows.
2. Bend one leg up towards your chest.
3. Lower the leg back down to the bed.
4. Repeat with the other leg.



## Hip Adduction – Leg Press In

1. Lie on your back with a pillow or rolled blanket between your thighs.
2. Squeeze your thighs together and down.
3. Hold 5 seconds.



## Below Knee Amputation – Early Exercises - *continued*

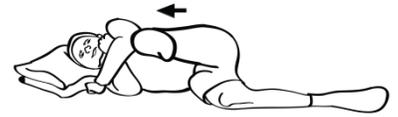
### Hip Abduction – Side Leg Lift

1. Lie on your side with your lower leg bent.
2. Lift your upper leg up. Keep your hip straight and your thigh turned slightly down.
3. Hold 5 seconds.



### Hip Flexion-Extension - Side Lying

1. Lie on your side with your lower leg bent.
2. Bring your upper leg forward toward your chest.
3. Now reach it back as far as you can without arching your back.



### Prone Lying

1. Roll onto your front, leading with your affected leg.
2. Keep your hips and thighs flat against the bed to stretch the front of your hips.
3. Try to stay on your front for at least 10 minutes 2 times daily.



### Prone Lying – Hip Extension to Knee Flexion

1. Lie on stomach.
2. Lift your thigh off bed. Hold 5 seconds. Return to start position.
3. Now keep your hips and thighs on the bed and bend your knee as far as you can, then straighten.



**Special Instructions: Do not arch low back**

### Sitting – Knee Flexion/Extension

1. While sitting in a chair, bend your knee back as far as you can.
2. Now straighten the knee. Hold 5 seconds.



### Chair Push Ups

3. Grip arm rests of chair.
4. Push up through arms to lift buttocks from chair seat.
5. Hold 5 seconds.



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