

Physiotherapy Exercises Following Transfemoral (Above Knee) Amputation

Prosthetic and Wheelchair Centre

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Introduction

This sheet has been designed to help you remember the exercises that you have been taught by your physiotherapist. All of the exercises should be done slowly and smoothly. If you feel any pain, stop and tell your physiotherapist or doctor.

Exercise helps to keep your strength and mobility as well as improve your blood flow.

These exercises will help to keep you independent either in a wheelchair or using an artificial leg (prosthesis).

Try to keep doing these exercises, even after you have been discharged from treatment.

[1] Static Gluteal Contractions

- Lie on your back,
- Keep both legs straight and close together,
- Squeeze your buttocks as tightly as possible,
- Hold for 5 seconds,
- Repeat ____ times.



[2] Hip Flexor Stretch

- Lie on your back, preferably without a pillow,
- Bring your thigh towards your chest and hold with your hands,
- Push your opposite leg down flat on to the bed,
- Hold for 30 – 60 seconds, then relax,
- Repeat ____ times.



Repeat the above with the other leg.

[3] Hip Hitching

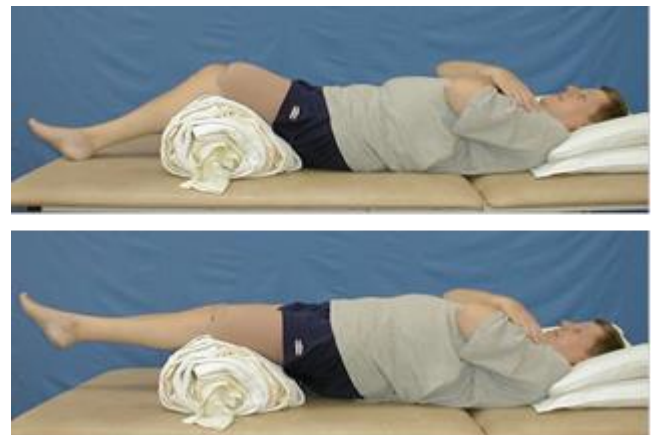
- Lie on your back,
- Keep both legs flat on the bed,
- Hitch one hip up towards you on one side and push away on the other (shortening one side and stretching the other),
- Hold for 3 seconds,
- Repeat ____ times.



Repeat on the other side.

[4] Bridging

- Lie on your back with your arms at the side,
- Place a couple of firm pillows or rolled up blankets under your thighs,
- Pull in your stomach, tighten your buttocks and lift your bottom up off the bed,
- Hold for 5 seconds,
- Repeat ____ times.



To make this exercise more difficult, place your arms across your chest as shown in the picture.

[5] Hip Flexion and Extension in Side Lying

- Lie on your side,
- Bend the bottom leg,
- Lift your top leg slightly,
- Bend your thigh fully towards your chest,
- Push your leg backwards as far as you can,
- Repeat ____ times.

NB Try not to let your hips roll forwards or backwards.

Repeat the above with the other leg.



[6] Hip Abduction in Side Lying

- Lie on your side,
- Bend the bottom leg,
- Keep hips and top leg in line with your body,
- Slowly lift your top leg up,
- Slowly lower your leg,
- Repeat ____ times.

NB Try not to let your hips roll forwards or backwards.

Repeat the above with the other leg.



[7] Hip Extension in Prone Lying

- Lie flat on your stomach,
- Lift your leg off the bed as far as you can,
- Be sure to keep hips flat on the bed and do not roll your body,
- Hold for 5 seconds, slowly lower,
- Repeat ____ times.



Repeat the above with the other leg.

[8] Hip Adduction with Resistance

- Sit with both legs out in front of you,
- Place a pillow or rolled up towel between your thighs,
- Squeeze your legs together,
- Hold for 5 seconds,
- Repeat ____ times.



NB This exercise can also be performed when sitting in a wheelchair or at the edge of a bed.

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