Above Knee Amputation Exercises with Prosthesis

These exercises help you improve your balance and strengthen the muscles to best use your prosthetic leg.

- Do these exercises as directed by your therapist or doctor.
- Do the exercises slowly and with smooth motions to avoid injury to the muscles.
- Be sure to keep breathing while exercising. Do not hold your breath.

Exercise plan
Do only the checked (✓) exercises below.
Do these exercises _____ times each day.
Repeat these exercises _____ times.

Exercises

- Bridging
  - Lie on your back on a pad or mat, knees bent and feet flat on the floor. You can use a pillow under your head for comfort.
  - Keep your stomach muscles tight and slowly lift your buttocks off the floor.
  - As you advance, to this exercise while holding your sound leg off the mat so you bridge only with your prosthetic side.
- **Knees Up Abdominal Crunch (Pilates 100s)**
  - Lie on your back on a pad or mat, knees bent and feet flat on the floor. Arms at your sides.
  - Lift your feet, head and hands off the floor while you tighten your stomach muscles and flatten your lower back to the floor.
  - Pump your arms up and down slightly ______ times.
  - Slowly return to the start position, relax and then repeat.

- **Forward Plank - Elbows and Knees**
  - Lie face down on a mat or the floor.
  - With your elbows bent and at shoulder width, lift your body up on your elbows and knees. Press leg back into socket to keep prosthetic knee bent.
  - Keep your elbows under your shoulders and tighten your stomach muscles to keep your body in this position.

- **Forward Plank - Elbows and Toes**
  - Lie face down on a mat or the floor.
  - With your elbows bent and at shoulder width, lift your body up on your elbows and toes. Press leg back into socket to keep prosthetic knee straight.
  - Keep your elbows under your shoulders and tighten your stomach muscles to keep your body straight from head to toe.

- **Forward Plank - Hands and Toes**
  - Lie face down on a mat or the floor.
  - With your elbows bent and at shoulder width, lift your body up on your hands and toes, pressing leg back into socket to keep prosthetic knee straight.
  - Lift your body up so your weight is supported on your hands and feet.
  - Keep your elbows under your shoulders and tighten your stomach muscles to keep your body straight and off the floor.
- **Side Plank – Bent Arm**
  - Lie on your prosthetic side on a mat or the floor.
  - Lift your body up so your weight is supported on your hand and foot.
  - Keep your hand and elbow under your shoulder and tighten your stomach muscles to keep your body straight and off the floor.
  - Hold for ____ seconds.

- **Side Plank – Straight Arm**
  - Lie on your prosthetic side on a mat or the floor.
  - Lift your body up so your weight is supported on your hand and foot.
  - Keep your hand and elbow under your shoulder and tighten your stomach muscles to keep your body straight and off the floor.
  - Hold for ____ seconds.

- **Reverse Plank**
  - Sit on a mat or the floor with your legs out straight. Your palms should be under your shoulders.
  - Lift your body off the floor so only your hands and feet touch the floor.
  - Keep your body straight and tighten the muscles of your buttocks and upper legs.

- **Sit to Stand**
  - Sit on the edge of a firm chair with your feet underneath you and flat on the floor. Cross your hands across your chest or place them on your hips.
  - Lead with your head and stand up, pressing back in the socket to help straighten your prosthetic knee. Try to keep the same amount of weight on each leg.
  - Lower yourself back down to the sitting position and then repeat.
Advanced exercises

- **Leg Swing**
  - Hold onto a sturdy chair, table or counter for balance. You may want to stand on a 2 to 3 inch step to avoid catching your foot.
  - Swing your prosthetic leg forward and back while you keep your back straight and your chest up.

- **Forward Lunge**
  - Stand with your prosthetic foot slightly behind your other foot.
  - Step forward with your prosthetic leg and slowly allow the prosthetic knee to bend by using the muscles in the back of your upper leg. Do not let your knee go out past the end of the foot.
  - Push on the back of your socket to stand and straighten out the knee.
  - Pull your leg back in the socket to stand.

- **Heel Raises**
  - Stand near a sturdy chair, table or counter so you can use it for balance if needed.
  - Balance on your sound leg.
  - Raise your heel and balance on the ball of your foot, then slowly put your heel back down.
Side Steps
• Start with your feet about shoulder width apart.
• Step out to your side with your prosthetic foot and then bring your sound leg next to it. Try to keep your prosthetic knee straight as you step.
• Focus on tightening your stomach muscles and look straight ahead, not at your feet.
• Walk to the side ____ feet. Then repeat leading with your sound leg.

Baby Steps
• Walk forward taking very small steps for _____ feet.
• Be sure to bend your prosthetic knee with each step and keep the step lengths even.

Talk to your doctor or health care team if you have any questions about your care.
For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.
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