Below Knee Amputation Exercises with Prosthesis

These exercises will help you strengthen your 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.
- Be sure to keep breathing while you exercise. Do not hold your breath because it could cause your blood pressure to rise.
- Do each exercise _____ times each day.
- Repeat each exercise ____ times.

Exercises

- Bridging

  1. 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.

  2. 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)

1. Lie on your back on a pad or mat, knees bent and feet flat on the floor. Arms at your sides.
2. Lift your feet, head and hands off the floor while you tighten your stomach muscles and flatten your lower back to the floor.
3. Pump your arms up and down slightly.
4. Slowly return to the start position, relax and then repeat.

Forward Plank – Elbows and Toes

1. 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.
2. 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

1. Lie face down on a mat or the floor. With your elbows bent and at shoulder width, push up to straighten your arms and lift your body up on your hands and toes.
2. Keep your elbows under your shoulders and tighten your stomach muscles to keep your body straight from head to toes.
Side Plank – Bent Arm
1. Lie on your prosthesis side on a mat or the floor.
2. Lift your body up so your weight is supported on your elbow and foot. Keep your elbows under your shoulders and tighten your stomach muscles to keep your body straight and off the floor.

Side Plank – Straight Arm
1. Lie on your prosthesis side on a mat or the floor.
2. 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.

Reverse Plank
1. Sit on a mat or the floor with your legs out straight. Your palms should be under your shoulders.
2. 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

1. 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.
2. Lead with your head and stand up, straightening your knees. Try to keep the same amount of weight on each leg.
3. Lower yourself back down to the sitting position and then repeat.

Heel Raises

1. Stand near a sturdy chair, table or counter so you can use it for balance if needed.
2. Balance on your sound leg.
3. Raise your heel and balance on the ball of your foot, then slowly put your heel back down.

Standing Squat

1. Stand with your hands supporting you at a counter or table and turn your prosthesis out to the side slightly.
2. Bend your knees to squat and slowly lower yourself to a count of 4. Be sure to keep your heels on the floor.
3. Hold for 2 seconds and then slowly straighten your knees to a count of 4.