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 unaffected leg off the mat so you bridge only with your prosthetic side.

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 each exercise _____ 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 unaffected 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.

**Elbow Raise (Prone Prop)**
- Lie face down with your arms against your body with your hands by your head. Your legs should be straight out behind you.
- Keep your hips on the floor and your lower back and buttocks relaxed and lift up onto your elbows, lifting your chest up. You should feel a stretch at the front of your hip.
- Work up to holding this position for 2 minutes.
Place a towel roll under your upper leg to increase the stretch.

**Prone Press Up**
- Lie face down with your hands by your shoulders, your legs straight out behind you.
- Raise your chest off the floor by rising up on your hands until your elbows are straight. Keep your hips on the floor and your buttocks and lower back relaxed. You should feel a stretch at the front of your hip.
- Work up to holding this position for 2 minutes.
Place a towel roll under your upper leg to increase the stretch.
**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 your knees 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 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 - Hands and Toes**
- 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.
- Keep your elbows under your shoulders and tighten your stomach muscles to keep your body straight from head to toes.

**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.
- **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.

- **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, straightening your knees. Try to keep the same amount of weight on each leg.
  - Lower yourself back down to the sitting position and then repeat.
Heel Raises

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

Standing Squat

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