Balance Exercises for Below Knee Amputation with Prosthesis

Exercises

- Standing Balance
  For this exercise, you will change your head and feet positions. Be sure to keep your eyes open during these exercises.

1. Stand with your feet apart.
2. Look side to side.
3. Look up to the side and then down to the side.

Exercise plan

Do only the checked (√) exercises below. You may use a walker, table or sturdy chair for support, if needed.

Do these exercises ___ times each week.
Repeat each exercise ___ times.
Hold each position for ___ seconds.
4. Facing forward, look down and look up.

5. Repeat steps 2 through 4 looking in these directions with your feet together.

6. Repeat steps 2 through 4 with your prosthetic foot in front of your other foot.

7. Repeat steps 2 through 4 with your prosthetic foot crossed over in front of your other foot.

**Side to Side Weight Shift**

For support, use:

☐ Your right hand
☐ Your left hand
☐ Both hands

- Stand up straight with your head up and look straight ahead.
- Slowly shift your weight to your side as far as you can go without moving your feet.
- When you shift onto your prosthetic leg, focus on squeezing your buttocks and tightening or contracting the muscles in the socket. You will feel the pressure change in your socket when you shift your weight.
- Return to the center.
- Then shift your weight back to your other side as far as you can.
- **Leg Circle Roll**
  For support, use:
  - Your right hand
  - Your left hand
  - Both hands
  - Stand up straight and place your foot on a tennis ball with your knee slightly bent.
  - Keeping your balance on your prosthetic leg, roll the tennis ball with your foot back and forth, side to side and in circles.
  - As your balance improves, use a soccer ball or basketball under your foot.

- **Weight Shift with Stool**
  For support, use:
  - Your right hand
  - Your left hand
  - Both hands
  - Stand near a stool or step and shift your weight onto your prosthetic leg, tightening the hip muscles on that side.
  - Slowly raise your unaffected foot up on the stool. Relax the muscles of your residual limb.
  - Tighten your muscles in your residual limb again and slowly bring your foot back down off the stool. Try to keep the rest of your body still and relaxed.

- **Single Leg Balance**
  - Stand behind a sturdy chair or by a counter or table that you can use for support if needed.
  - Lift your unaffected leg and stand on your prosthetic leg, keeping your back straight and your head up and looking forward. Focus on tightening your muscles in your buttocks to keep your hips level.
  - Repeat with your unaffected leg.
Weight Shift Front to Back

- Stand and slowly shift your weight forward by moving your hips forward over your toes until your heels come off the floor slightly.

- Then return to your starting position. Keep your hands close to a chair to use for support as needed.

- Shift your weight onto your heels and press your thigh or upper leg back in the socket until your toes come off the floor slightly.

- Keep your hands close to the chair to use for support as needed.