Strengthening Exercises - Above Knee Amputation

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
Do the checked (☑) exercises below.

☑ Advanced Hip Extension on Back
1. Lie on your back. Place a rolled towel under the end of your amputated limb. Lift your other leg up.
2. Push down into the towel, and lift your hips off the floor or table. Hold and then lower your hips down.
Do this exercise with your prosthesis.

**Hip Extension**
1. Get up on your hands and knee and find your balance.
2. Slowly lift your amputated leg out behind you. Control the motion and tighten the buttock muscles as you lift. Keep your hips and back still and level to the ground.
3. Hold and slowly return to the starting position, then repeat.

**Leg to side (Quadruped hip abduction)**
1. Get on your hands and knees without your prosthesis.
2. Lift your amputated leg to the side in a slow and controlled way. Tighten your buttocks while you lift the leg and keep your back and hips level to the ground.

**Abdominal**
1. Lay 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. Tighten your stomach muscles by pulling your belly button in and up slightly to tip your pelvis down and push your back to the floor.
Shoulder Push Ups

1. Lay on your stomach on a mat. You may want to place a towel or pillow under your amputated leg. Get up on your elbows and be sure your elbows are under your shoulders.

2. Keep your hips on the mat and press your elbows down into the mat.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.