Stretching Exercises after Leg Amputation

Below Knee Amputation

After a leg amputation, stretching exercises will help keep your hip and leg muscles in good condition.

- Only do the stretches checked by your therapist.
- Do the exercises slowly and with smooth motion to avoid injury to the muscles. Do not bounce back and forth when doing stretches.
- Do each marked stretch _____ times each (repetitions) _____ times per day (sets).
- Be sure to keep breathing while exercising. Do not hold your breath.

Stretches

- **Alternative (Advanced) Prone Stretch**
  - Lie on your stomach. Place a rolled towel under your residual limb.
  - Lie in this position for 20 minutes.
  - As you stretch your hip flexor muscle, you may increase the size of the towel roll.

- **Hamstring Stretch with Unaffected Leg - Lying**
  - Lie on your back. Bring your unaffected limb toward your chest.
  - Put your arm around your thigh and pull even closer. Hold for 20 seconds.
  - Bring your unaffected knee toward your chest.
  - Straighten your leg until you feel a stretch in the back of your thigh.
- **Hamstring Stretch with Unaffected Leg - Sitting**
  - Sit with your back straight and your unaffected leg out straight in front of you.
  - Reach your hand down toward your foot and lean forward to feel a stretch in the back of your upper leg.

- **Calf Stretch with Unaffected Leg**
  - Sit with your back straight and your unaffected leg out straight in front of you.
  - Loop a towel around your foot just below your toes. You may want to use a towel or small pillow under your heel.
  - Hold the ends of the towel in your hands while keeping your knee straight. Pull back on the towel, so you feel a stretch in the back of your lower leg.

- **Shoulder Push Up**
  - Roll onto your stomach, legs out straight behind you and rest on your elbows. Be sure your elbows are straight down from your shoulders. You can use a pillow under your foot for comfort.
  - Keeping your hips on the floor, raise up on your elbows as you arch your back. Feel the stretch in your lower back and abdomen.
Quad Hip Flexor Stretch with Residual Limb

- Lie on your back.
- Bring your unaffected leg up to your chest and hold it with your arms.
- Have someone push your amputated limb down to the bed and hold it as you count to 20.
- Relax and repeat.

- When your residual limb can easily lie on the bed, scoot to the side and dangle your amputated limb over the side of the bed.
- Repeat the above exercise.