



Physiotherapy exercises following transfemoral (above knee) amputation

Information for patients from the Physiotherapy Department

- This sheet has been designed to help you remember the exercises that you have been taught by your physiotherapist. All of the exercises should be done slowly and smoothly. If you feel any pain, stop and tell your physiotherapist or doctor.
- Exercise helps to keep your strength and mobility, as well as improve your blood flow.
- These exercises will help to keep you independent either in a wheelchair or using an artificial leg (prosthesis).
- Try to keep doing these exercises, even after you have been discharged from treatment.

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Further information

If after reading this leaflet you have any questions, please contact the Physiotherapy Department at Kent and Canterbury Hospital on telephone 01227 78 30 65.



1. Static Gluteal Contractions

- Lie on your back
- Keep both your legs straight and close together
- Squeeze your buttocks as tightly as possible
- Hold for five seconds
- Repeat ___ times

2. Hip Flexor Stretch

- Lie on your back, preferably without a pillow
- Bring your thigh towards your chest and hold with your hands
- Push your opposite leg down flat on to the bed
- Hold for 30 to 60 seconds, then relax
- Repeat ___ times

*Repeat the above with your other leg.

3. Hip Hitching

- Lie on your back
- Keep both legs flat on the bed
- Hitch one hip up towards you on one side and push away on the other (shortening one side and stretching the other)
- Hold for three seconds
- Repeat ___ times

4. Bridging

- Lie on your back with your arms at the side
- Place a couple of firm pillows or rolled up blankets under your thighs
- Pull in your stomach, tighten your buttocks, and lift your bottom up off the bed
- Hold for five seconds
- Repeat ___ times

*To make this exercise more difficult, place your arms across your chest.

5. Hip Flexion and Extension in Side Lying

- Lie on your side
- Bend your bottom leg
- Lift your top leg slightly
- Bend your thigh fully towards your chest
- Push your leg backwards as far as you can
- Repeat ___ times

*Try not to let your hips roll forwards or backwards. Repeat the above exercise with your other leg.

6. Hip Adduction in Side Lying

- Lie on your side
- Bend your bottom leg
- Keep your hips and top leg in line with your body
- Slowly lift your top leg up
- Slowly lower
- Repeat ___ times

*Try not to let your hips roll forwards or backwards. Repeat the above exercise with your other leg.

7. Hip Extension in Prone Lying

- Lie flat on your stomach
- Lift your leg off the bed, as far as you can
- Be sure to keep your hips flat on the bed and do not roll your body
- Hold for five seconds, slowly lower
- Repeat ___ times

*Repeat the above exercise with your other leg.

8. Hip Adduction With Resistance

- Sit with both your legs out in front of you
- Place a pillow or rolled up towel between your thighs
- Squeeze your legs together
- Hold for five seconds
- Repeat ___ times

*This exercise can also be performed when sitting in a wheelchair or at the edge of a bed.

This leaflet has been produced with and for patients

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Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation