



Physiotherapy exercises following transtibial (below 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.

This exercise sheet has been produced by representatives of P.I.R.P.A.G.
(Copyright © PIRPAG 2004)

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 Quadriceps

- Push your legs straight out in front of you
- Push the back of your knees into the bed and tighten your thigh muscles
- Hold for five seconds
- Repeat this ___ times

2. Straight Leg Raise

- Put your legs out in front of you
- Tighten your thigh
- Lift your leg off the bed
- Hold for ___ seconds
- Slowly lower
- Repeat ___ times

*Repeat the above exercise with your other leg.

3. Inner Range Quads

- Sit with both your legs straight out in front of you
- Place a rolled up towel, blanket, or pillow under your knee
- Straighten your knee
- Hold for five seconds
- Repeat ___ times

*Repeat the above exercise with your other leg.

4. Hip Adduction With Resistance

- Sit with both your legs out in front of you
- Place a pillow or rolled up towel between your knees
- 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.

5. Outer Range Quadriceps

- Sit on a chair or edge of the bed
- Place your hands on your lap
- Straighten one knee
- Hold for five seconds
- Now bend your knee
- Repeat ___ times

*Repeat the above exercise with your other leg.

6. 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

7. Hip Flexor Stretch

- Lie on your back, preferably without a pillow
- Bend your knee 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 exercise with your other leg.

8. Bridging

- Lie on your back with your arms at your 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.

9. Hip Flexion and Extension in Side Lying

- Lie on your side
- Bend your bottom leg
- Lift your top leg slightly
- Bend your knee fully towards your chest
- Straighten your knee and push your leg backwards
- Repeat __ times

*Try not to let your hips roll forwards or backwards.

10. 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, keeping your knee straight
- Slowly lower
- Repeat __ times
- Try not to let your hips roll forwards or backwards

*Repeat the above exercise with your other leg.

11. Knee Flexion in Prone Lying

- Lie on your stomach
- Place your arms in a comfortable position
- Keeping your thigh on the bed, bend your knee as far as possible
- Hold for five seconds
- Straighten your knee
- Repeat __ times

*Repeat the above exercise with your other leg.

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

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.ekhufft.nhs.uk/patientinformation