

Major Trauma Service

Exercises Following an Above Knee Amputation

Introduction

You should do your exercises on a regular basis as directed by your physiotherapist. They are essential to maintain the strength and flexibility of your amputated leg and to improve circulation. Only do the exercises that have been ticked on the exercise sheet.

Exercises



Hip flexor stretch



Lie on your back. Bend your non-amputated leg onto your chest. Hold this position by placing your hands behind your thighs. Extend your amputated leg so that the back of your thigh touches or is as close as possible to the bed. Push your amputated limb down while squeezing your buttocks. Hold for 30 seconds.



Hip flexion



Lie on your back, arms alongside the body, non-amputated leg bent with the foot flat on the bed, and your amputated leg extended. Lift the amputated leg about 10 cm off the bed. Return slowly while controlling the movement. Repeat ___ times.



Patient Information

Static Gluteals



Lie on your back, keeping both legs together.
Squeeze your buttocks together as tightly as possible.
Hold for 5 seconds then relax.
Repeat ___ times.

Bridging



Lie on your back, with your non-amputated leg extended and your amputated leg on a block or a rolled towel.
Push your amputated leg down against the block while lifting your body.
Slowly bring the buttocks down to the bed.
Repeat ___ times.

Hip Abduction



Lie on your side with your non-amputated leg underneath you, bent at the knee for support
Slowly move your uppermost leg upwards, taking care to keep your pelvis still
Move back to the resting position, controlling the movement throughout
Repeat ___ times.

Hip extension in side lying



Lie on your side with your non-amputated leg underneath you, bent at the knee for support
Slowly stretch your amputated leg backwards behind you, maintaining the position of the pelvis.
Return to the starting position
Repeat ___ times.

Patient Information



Prone Lying



Lie with both hips flat on the bed. Turn your head to your good side and position your arms where they are comfortable. Initially try to spend 5-10 minutes in this position. Aim to build up to 20-30 minutes, twice daily.



Hip Extension



Assume the above position, keeping both legs straight and close together. Lift your amputated leg off the bed as far as you can whilst keeping your stomach flat on the bed. Return to the starting position. Repeat ___ times.

Further Information

If you have any questions or require further information please contact Ruth Briscall in the Major Trauma Service on 024 7696 5046.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5046 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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