

## Major Trauma Service

# Exercises following a below knee amputation

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 also improve circulation. Only do the exercises that have been ticked on the exercise sheet.

### Exercises



Hip flexor stretch



Lie down on your back and bring your non-amputated leg towards your chest. Wrap your arms around your thigh to hold your leg in place. Ensure the back of your amputated leg maintains contact with the bed. Hold for 30 seconds.



Static Gluteals



Lie on your back. Squeeze your buttocks together and hold for 5 seconds. Relax. Repeat this action \_\_\_ times.

## Patient Information

### Inner Range Quads



Lie on your back with a rolled towel or a block underneath your knee of your amputated leg. Straighten the knee, keeping contact with towels or block. Lower slowly and bend the knee, controlling the movement. Repeat \_\_ times.

### Straight leg raise



Lie on your back with your non-amputated leg bent. Keeping your knee straight, slowly lift it off the bed approx. 15cm and then slowly return it to the bed, controlling the movement throughout. Repeat \_\_ times.

### Knee Flexion



Lie on your back. Lift your amputated leg off the bed and bend your knee as much as you can. Straighten your knee. Repeat \_\_ times.

## Patient Information

### Bridging



Lie on your back with your amputated leg on a block or rolled towel.  
Push your amputated leg down against the block while lifting your bottom off the bed.  
Slowly lower yourself down to the bed.  
Repeat \_\_ times.

### Hip abduction



Lie on your side with your amputated leg uppermost.  
Keeping your knee straight, slowly lift your leg. Don't allow your pelvis to roll backwards.  
Lower slowly while controlling the movement.  
Repeat \_\_ times.

### Hip extension



Lie on your front.  
Squeeze your buttocks and slowly lift your thigh off the bed.  
Don't allow your back to arch while doing the exercise.  
Repeat \_\_ times.

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## Patient Information

### Further Information

If you have any questions or would like more information, please contact the Ruth Briscall from 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.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

#### Document History

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