

Advanced exercises following amputation

This booklet has been designed to help you remember the exercises that you have been taught by your physiotherapist.

All exercises should be done slowly and smoothly. If you experience any pain, stop and tell your physiotherapist.

The exercises in this booklet are all advanced in nature, and should only be attempted once your Physiotherapist has shown you how to do them. The exercises described in this booklet are progressions of the exercises previously shown in the 'Basic' trunk exercise sheet. Please refer back to this booklet as required.

Try to exercise at least once a day, and keep doing the exercises even after you have been discharged from treatment.

Abdominal Hollowing

Lie on your back with your knee bent and **foot on the bed**.

You may find it comfortable to place a rolled up towel under your amputated leg. [note: the picture shows a foam support instead of a rolled up towel]

- Gently pull in your stomach muscle to form a slight hollow, your back should not move at all
- Watch you don't hold your breath



Abdominal Hollowing : progression 2

- Slowly lift your foot, then lower it gently back to the bed
- Repeat on the other side by slowly lifting and lowering your amputated leg



Abdominal Hollowing; Progression 3

This exercise is almost identical to the previous exercise. The key difference is that once the leg is lifted off the bed, you should straighten the leg slowly before returning it to the starting position

Keep your trunk as still as you can throughout this exercise.

Repeat ____ times with both legs

Complete ____ sets per day





4-Point Kneeling -

Below knee amputees only

This exercise should be done on a firm surface resting on your hands and knees.
Hollow your abdomen

Lift your leg a short distance off the bed, at the same time lift your opposite arm. It is very important that **opposite arm and leg should be lifted together**

Try to keep your back flat during the exercise. Once you have lifted your arm and opposite leg, hold this position for ____ seconds, then slowly return your limbs back to the bed



If you have any questions please contact us at;

**Disablement Services Centre, Rehabilitation Department
Lower Ground Floor, Cumberland Infirmary
Carlisle, CA2 7HY
Tel: 01228 814783 Mon – Friday: 08:30 – 16:30**

Transport

Transport is available, if you meet the eligibility criteria Otherwise you will need to make your own way to the DSC. Please phone 0800 032 3240 to book your own transport

Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the [Subject Access Coordinators](#)
SACCIC@ncuh.nhs.uk or SACWCH@ncuh.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the PALS team (Patient Advice and Liaison Service) on 01228 814008 between 10.30 and 4.30 Monday to Friday or email PALSCIC@ncuh.nhs.uk.

If you would like this factsheet in another language or format, for example Braille, large print or audio the PALS team will be able to assist you (contact details above)

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