

Physiotherapy Exercises following Transtibial (below knee) amputation

Introduction

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.

It is strongly recommended that these exercises are maintained in the long term, to reduce the occurrence of muscle weakness affecting your walking pattern.



1. Static Quadriceps

- Push your legs straight out in front of you
- Push the back of your knees into the bed and tighten the thigh muscles
- Hold for 5 seconds
- Repeat this ___ times and repeat the above with the other leg

2. Straight Leg Raise



Start in the above position
(Static Quadriceps)

- Lift your leg off the bed 2-3 inches only
- Hold for ___ seconds
- Slowly lower
- Repeat ___ times

- Repeat the above with the other leg.

3. Inner Range Quads



- Sit with both legs straight out in front of you
- Place a rolled up towel, blanket or pillow under your knee
- Straighten your knee
- Hold for 5 seconds
- Repeat ___ times



4. Hip Adduction with Resistance



- Sit with both legs out in front of you
- Place a pillow or rolled up towel between your thighs
- Squeeze your legs together.
- Hold for 5 seconds
- Repeat ___ times

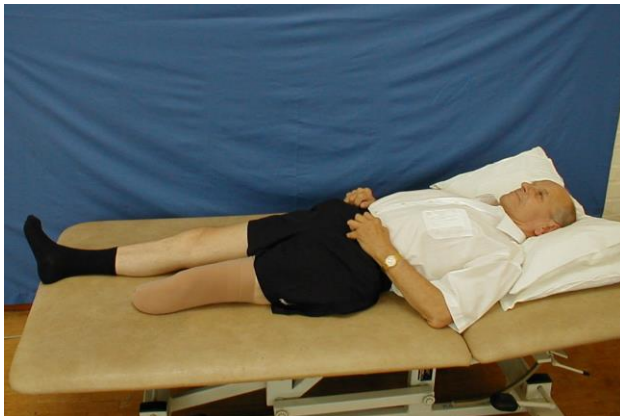
NB: This exercise can also be performed when sitting in a wheelchair or at the edge of a bed.

5. Outer Range Quadriceps

- Sit on a chair or edge of the bed. Place your hands on your lap
- Straighten one knee
- Hold for 5 seconds
- Now bend your knee
- Repeat ___ times
- Repeat the above with the other leg.



6. Static Gluteal Contractions



- Lie on your back
- Keep both legs straight and close together
- Squeeze your buttocks as tightly as possible
- Hold for 5 sec
- Repeat ___ times

7. Hip Flexor Stretch



- Repeat the above with the other leg.

- 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 – 60 seconds, then relax
- Repeat ___ times

8. 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 5 seconds
- Repeat ___ times

To make this exercise more difficult, place your arms across your chest as shown in the picture.



9. Hip Flexion and Extension in Side Lying



- Bend the bottom leg
- Lift your top leg slightly
- Bend your knee fully towards your chest
- Straighten your knee and push your leg backwards
- Repeat ___ times

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

10. Hip Abduction in Side Lying



- Lie on your side
 - Bend the bottom leg
 - Keep 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

If you have any questions please contact us at;

Disablement Services Centre (DSC)

Rehabilitation Department

Cumberland Infirmary

Carlisle

Tel: 01228 814783

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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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