

# Physiotherapy exercises following Transfemoral (above knee) amputation

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 Gluteal Contractions



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

## 2 Hip Extension in Prone Lying

- Lie flat on your stomach
- Lift your leg off the bed as far as you can
- Be sure to keep hips flat on the bed and do not roll your body
- Hold for 5 seconds, slowly lower
- Repeat \_\_\_\_ times . Repeat the above with the other leg.



## 3 Hip Flexor Stretch



- Lie on your back, preferably without a pillow
- Bring your thigh 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 . Repeat the above with the other leg

## 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

## 5 Hip Hitchin

- Lie on your back
- Keep both legs flat on the bed
- Hitch one hip up towards you on one side and push away on the other (shortening one side and stretching the other)
- Hold for 3 seconds
- Repeat \_\_\_ times
- Repeat on the other side.



## 6 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.



## 7 Hip Flexion and Extension in Side Lying

- Lie on your side
- Bend the bottom leg
- Lift your top leg slightly
- Bend your thigh fully towards your chest
- Push your leg backwards as far as you can
- Repeat \_\_\_ times

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

Repeat the above with the other leg.



## 8 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)|**

**Cumberland Infirmary**

**Carlisle**

**Tel: 01228 814783**

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## 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](mailto: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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