



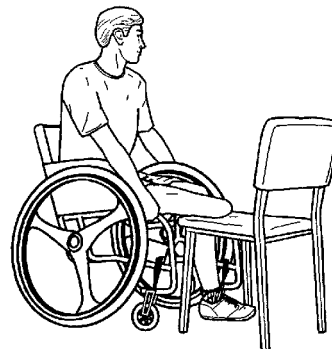
# HEALTH FOR LIFE

## Below Knee Amputee Exercise Program (Stage One)

It is important that you take an active role in your rehabilitation. The following exercises must be done every day to prevent any complications.

After a below the knee amputation, it is important to prevent the hip and knee from staying in a bent or flexed position. To prevent this from happening you need to do the following:

- Frequently change the position of your hip and knee.
- Do **not** sit in a chair for long periods with your knee bent. Prop your leg on a chair.



- Do **not** put your amputated leg on a pillow when lying down, unless otherwise told to do so. Do **not** place a pillow under your hips, knees or between your thighs.



- Do **not** hang your amputated leg over the side of the bed.

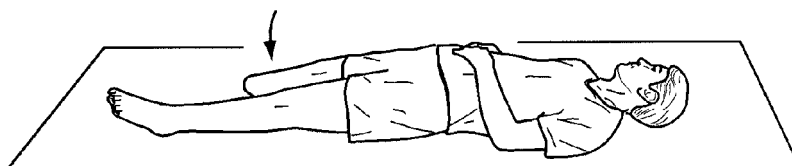


**Exercises:**

-  **Do only the exercises checked by your therapist.**
-  **Do each exercise \_\_\_\_ times a day**

 **Quad Sets:**

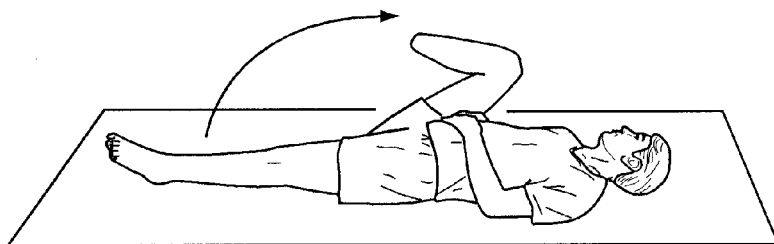
Push the back of your knee down against the bed to tighten your thigh muscle. Hold for 5 seconds and release.

**Quad Sets** **Gluteal Sets:**

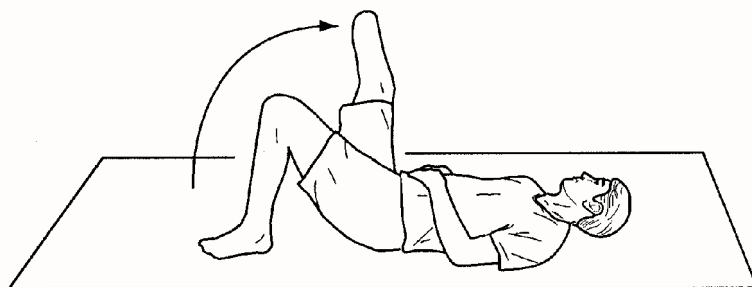
Squeeze your buttocks together. Hold for 5 seconds and release.

 **Hip and Knee Bending**

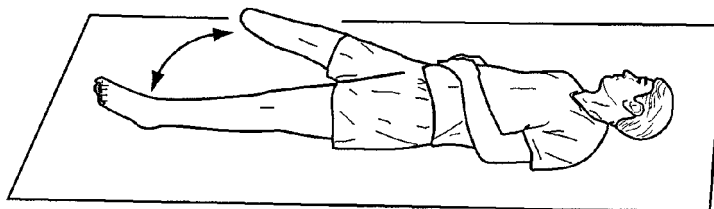
Lie on your back and bend the knee of your amputated leg to your chest. Bend it as far as possible and then straighten the knee completely. Return to a starting position.

**Knee Bending** **Straight Leg Raise**

Bend your leg and put your foot flat on the floor. Keep the knee of your amputated leg straight and lift it toward the ceiling.

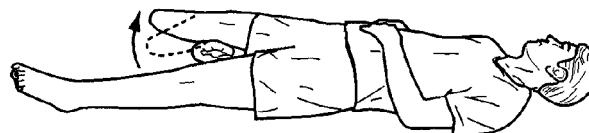
**Straight Leg Raise** **Hip Outward and Inward**

Keep your knee of the amputated leg straight and pointed to the ceiling. Move your leg out to the side and then back.

**Hip Outward and Inward**

### Short Arc Quad

Place a large towel roll under the knee of your amputated leg. Straighten your knee and hold for \_\_\_ seconds.



**Short Arc Quad**

### Prone Lying

Lie on your stomach for 20 minutes, 2 or 3 times a day. **Do not** put a pillow under your stomach.



**Prone Lying**

### Desensatization

After surgery you may feel more sensitivity of the leg where the amputation occurred. To reduce this sensation, rub your leg with your hand or a towel. Be careful when you rub around the area of the incision.



**Desensatization**

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