

TIP CARD - 1
EXERCISE SAFELY

Exercise does not have to hurt to be beneficial.

Start easy and build up your effort.

Exercise at times of the day when you feel your best.

Do not hold your breath; remember to breathe out while working and breathe in while relaxing. May also count out loud while exercising.

Exercise should not cause joint pain, but rather muscle fatigue.

TIP CARD - 2
STOP! IF YOU HAVE . . .

STOP your exercise program and contact your health care provider:

NAME: _____

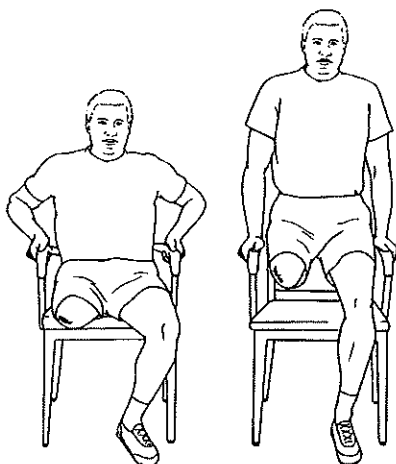
PHONE: _____

...if you have:

- increased drainage or swelling in the residual limb
- increased pain or swelling in the residual limb
- increased pain or swelling in the sound leg
- pressure marks on or irritation of the sound foot
- increased shortness of breath or chest discomfort with exercise

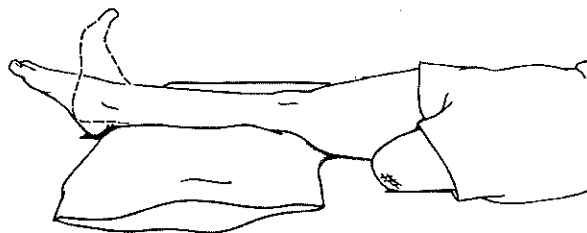
ADVANCED: TFA - 11
Push-Up (Sitting)

With hands on armrests of chair, press down and lift body by straightening arms. Use foot to help with balance.



Hold 3 seconds.
Repeat 20 times.
Do 2 sessions per day.

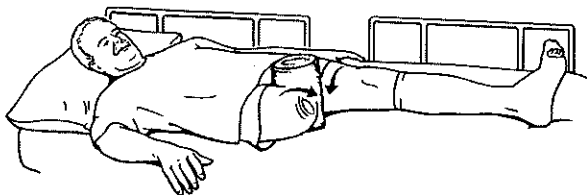
SOUND LOWER EXTREMITY - 1
Ankle Pump



Place pillow under calf so foot does not rub. Slowly bend and straighten ankle to full range.

Hold 3 seconds each direction. Repeat 20 times.
Do 2 sessions per day.

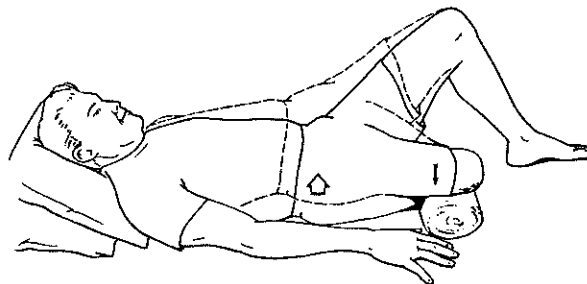
POST-OP: TFA - 3
Hip Adduction



With towel roll between thighs, gently squeeze thighs together and down.

Hold 3 seconds. Repeat 20 times.
Do 2 sessions per day.

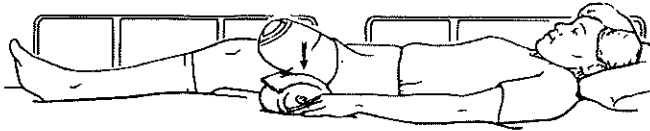
BASIC PROGRAM: TFA - 1
Hip Extension



With towel roll under residual limb, push down into towel roll while lifting buttocks.

Hold 3 seconds. Repeat 20 times.
Do 2 sessions per day.

POST-OP: TFA - 2
Hip Extension



With towel roll under residual limb, gently push down into towel roll while tightening buttock muscles.

Hold 3 seconds. Repeat 20 times.
Do 2 sessions per day.

LOWER EXTREMITY AMPUTEE - 10
Isometric Body Extension

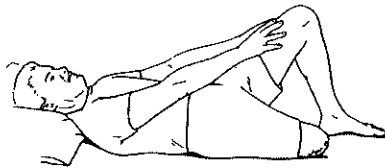


With hands above head, press entire body down, from head to toes. Hold 30 seconds while counting out loud.

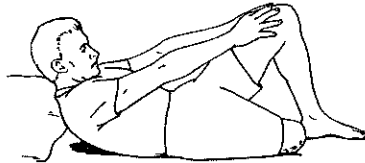
Repeat 3 times. Do 2 sessions per day.

BASIC PROGRAM: TFA - 8
Abdominal Crunch

Tighten stomach muscles to tilt pelvis and flatten back. Raise head and shoulders, and slide fingers up thigh toward knee. Continue breathing normally.



Hold 3 seconds.
Repeat 20 times.
Do 2 sessions per day.



ADVANCED: TFA - 8
Abdominal "X" Crunch

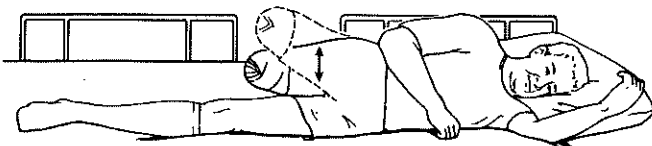
Tighten stomach muscles to tilt pelvis and flatten back. Lift shoulder toward opposite hip. Repeat to other side.



Hold 1 seconds each side.
Repeat 20 times each side, alternating.
Do 2 sessions per day.



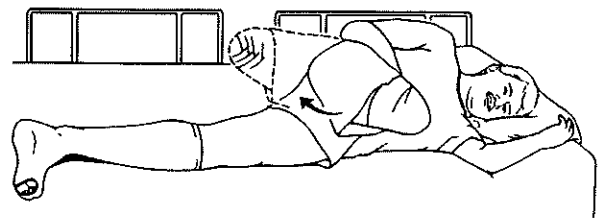
POST-OP: TFA - 4
Hip AROM: Abduction / Adduction



Roll to sound side. Lift residual limb straight up and down while keeping hip straight.

Repeat 20 times. Do 2 sessions per day.

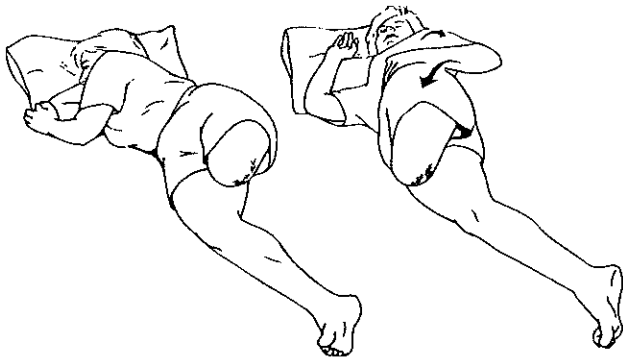
POST-OP: TFA - 1
Hip AROM: Flexion / Extension



Roll to sound side. Bring residual limb to chest, then reach limb back as far as possible.

Repeat 20 times. Do 2 sessions per day.

BASIC PROGRAM: TFA - 3
Trunk Counter Rotation



Lying on sound side, rotate hip forward and shoulder backward at the same time. Then alternate.

Repeat 20 times. Do 2 sessions per day.

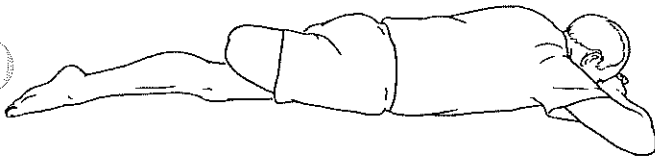
LOWER EXTREMITY AMPUTEE - 14 Ergonomics



Lie on your stomach 5 minutes.

Do 2 sessions per day.

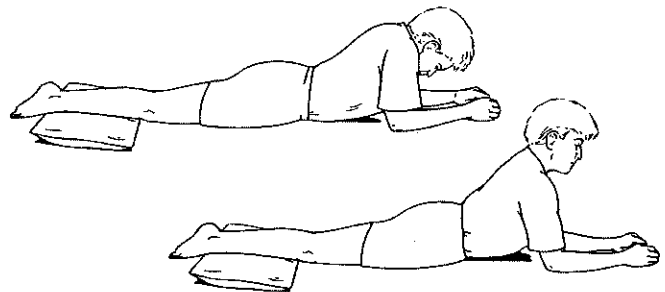
LOWER EXTREMITY AMPUTEE - 11
Hip Extension (Prone)



Lift one leg as high as possible, then lower. Repeat with other leg.

Repeat 20 times. Do 2 sessions per day.

BACK / TRUNK - 10
Shoulder Push-Up (Prone on Elbows)



With elbows placed under shoulders, rise up on elbows as high as possible. Keep hips on surface and back arched.

Hold 30 seconds. Repeat 30 times.

Do 2 sessions per day.