

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: \_\_\_\_\_

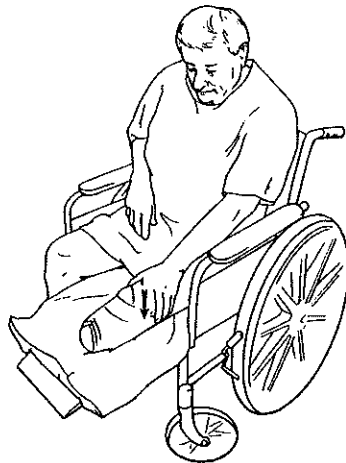
PHONE: \_\_\_\_\_

...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

POST-OP: TTA - 7  
Knee Extension (Sitting)

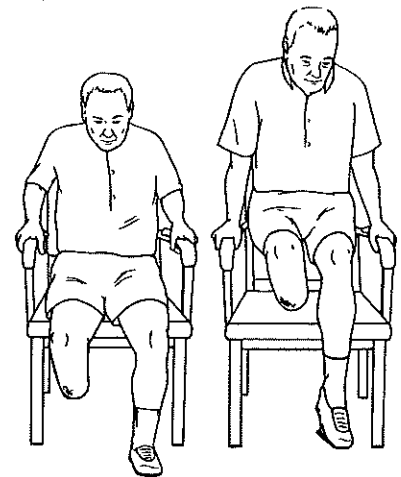
Sitting with residual limb supported, tighten thigh muscle and push down on knee to straighten.



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

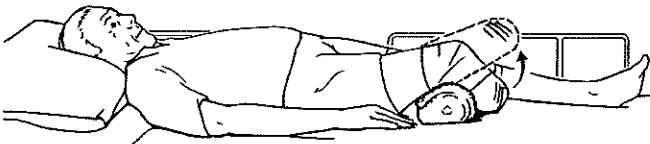
ADVANCED: TTA - 11  
Push-Up (Sitting)

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.

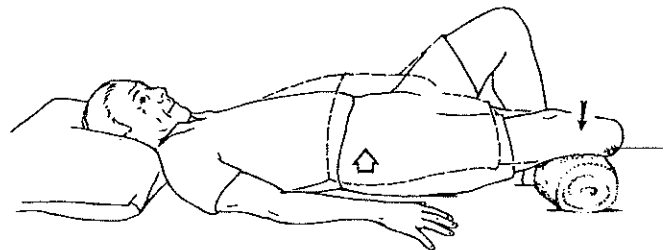
POST-OP: TTA - 4  
Knee AROM: Flexion / Extension



With towel roll behind knee, gently bend and straighten knee over the towel roll.

Repeat 20 times. Do 2 sessions per day.

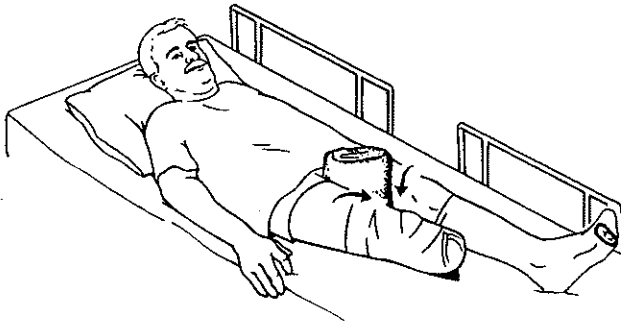
BASIC PROGRAM: TTA - 1  
Quad Set / Hip Extension



With towel roll under calf of residual limb, tighten thigh muscle to straighten knee. Push down into towel roll to lift buttocks.

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

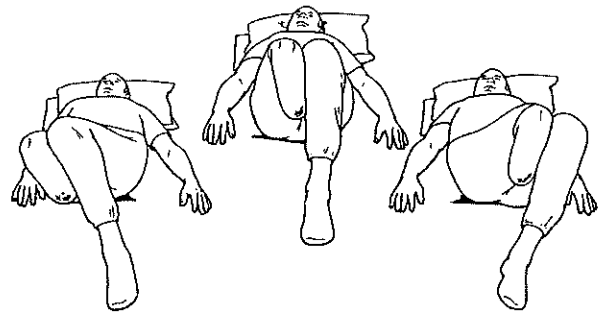
POST-OP: TTA - 3  
Hip Adduction



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

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

BACK / TRUNK - 4  
Pelvic Rotation

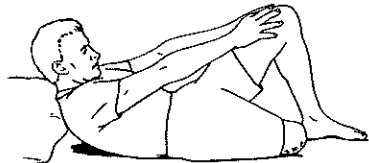
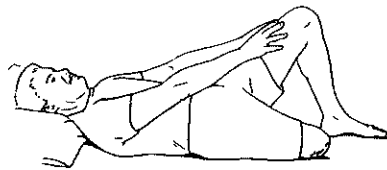


Keeping knees bent and together, rotate knees to one side and then the other

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

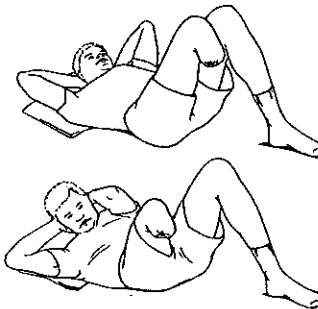
BASIC PROGRAM: TFA - 8  
Abdominal Crunch

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.

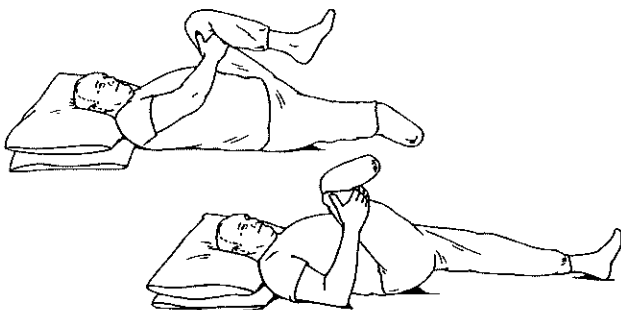
ADVANCED: TTA - 8  
Abdominal "X" Crunch



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.

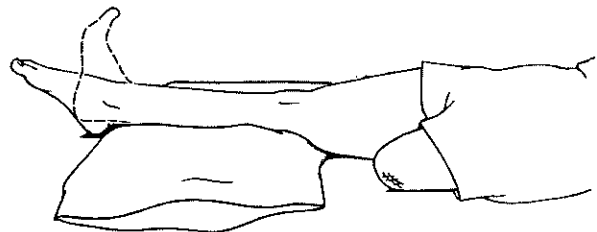
BACK / TRUNK - 11  
Knee to Chest



Pull one knee to chest until a stretch is felt in the lower back and buttock. Repeat on other side.

Hold 30 seconds each side. Repeat 3 times.  
Do 2 sessions per day.

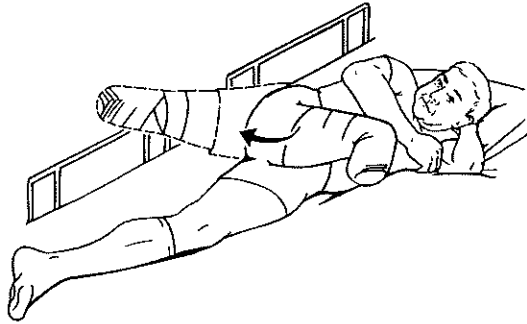
SOUND LOWER EXTREMITY - 1  
Ankle Pump



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

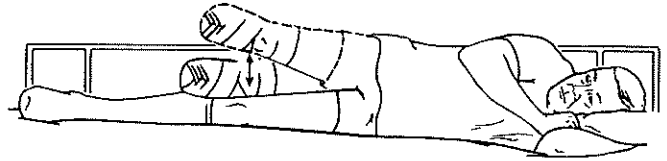
Hold 3 seconds each direction. Repeat 20 times.  
Do 2 sessions per day.

POST-OP: TTA - 1  
Hip / Knee AROM: Flexion / Extension



Roll to sound side. Bring knee to chest while bending knee.  
Reach limb back as far as possible while straightening knee.  
Repeat 20 times. Do 2 sessions per day.

POST-OP: TTA - 5  
Hip / Knee AROM: Abduction / Adduction



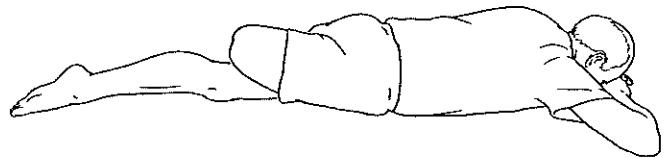
Roll to sound side. Lift residual limb straight up and down  
while keeping hip straight.  
Repeat 20 times. Do 2 sessions per day.

LOWER EXTREMITY AMPUTEE - 14 Ergonomics



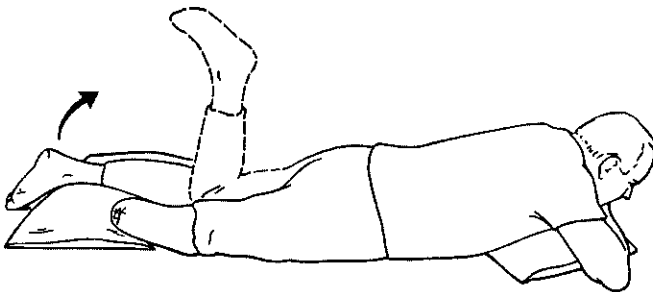
Lie on your stomach 5 minutes.  
Do 2 sessions per day.

LOWER EXTREMITY AMPUTEE - 11  
Hip Extension (Prone)



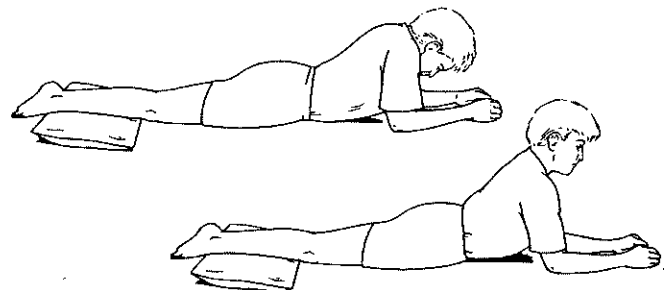
Lift one leg as high as possible, then lower. Repeat with  
other leg.  
Repeat 20 times. Do 2 sessions per day.

SOUND LOWER EXTREMITY - 8  
Knee Curl



Lie on stomach with shin padded. Tighten muscles in back  
of thigh to bend knee and bring foot toward buttocks.  
Hold 3 seconds. Repeat 20 times. Repeat with affected leg.  
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 3 times.  
Do 2 sessions per day.