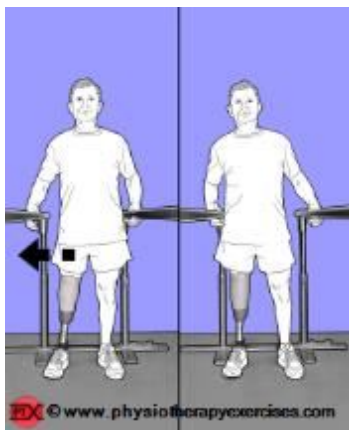


www.physiotherapyexercises.com

Exercise Booklet

Weight transfer with upper limb support



Client's aim

To improve your ability to transfer weight from one foot to the other for standing or balancing.

Client's instructions

Position yourself standing with your feet slightly apart. Practice transferring your weight onto your prosthetic limb then back onto your unaffected leg. Ensure that your shoulders remain over your hips.

Bridge with theraball



Client's aim

To strengthen the muscles in your buttock and back of your thigh.

Client's instructions

Position yourself lying on your back with a large ball under your legs. Practice lifting your bottom up while keeping the ball still.

Going down stairs



Client's aim

To improve your ability to walk down stairs.

Client's instructions

Position yourself standing at the top of a flight of stairs. Practice walking down the stairs.

Precautions

Descend reciprocally. The toe on the prosthetic limb may extend over the edge of the step.

Grapevine



Client's aim

To improve your balance, walking and agility.

Client's instructions

Position yourself in standing. Walk to the right. Cross with left foot in front of right foot, take a step to the right with your right foot, cross with left foot behind right foot and take another step to the right with your right foot. Stay facing forwards and continue to end. Reverse the order when moving to left.

Hip abduction with theraband on intact side



Client's aim

To strengthen the muscles on the side of your hip.

Client's instructions

Position yourself side on to the structure anchoring the theraband. Start with your feet together. Take your foot to the side. Ensure that you keep your body upright, knee straight and toes pointing forward.

Hip abduction with theraband on residual side



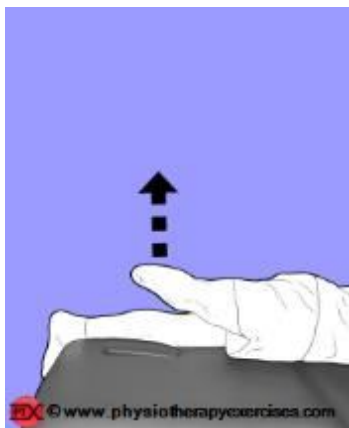
Client's aim

To strengthen the muscles on the side of your hip.

Client's instructions

Position yourself side on to the structure anchoring the theraband. Start with your feet together. Take your foot to the side. Ensure that you keep your body upright, knee straight and toes pointing forward.

Hip extension



Client`s aim

To strengthen the muscles in your buttock and the back of your thigh.

Client`s instructions

Position yourself lying on your stomach. Lift your residual limb up backwards with your knee extended.

Hip extension with theraband on intact side



Client`s aim

To strengthen the muscles in your buttocks.

Client`s instructions

Position yourself facing the structure anchoring the theraband. Start with your feet together. Take your foot backward whilst keeping your knee straight and your body upright.

Hip extension with theraband on residual side



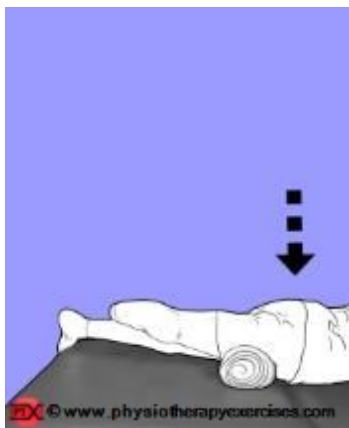
Client`s aim

To strengthen the muscles in your buttocks.

Client`s instructions

Position yourself facing the structure anchoring the theraband. Start with your feet together. Take your foot backward whilst keeping your knee straight and your body upright.

Hip flexor stretch



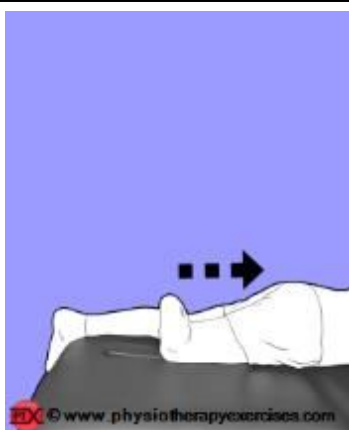
Client`s aim

To stretch or maintain range in your hips.

Client`s instructions

Position yourself lying on stomach with a rolled towel under your thigh on your residual limb.

Knee flexion residual side



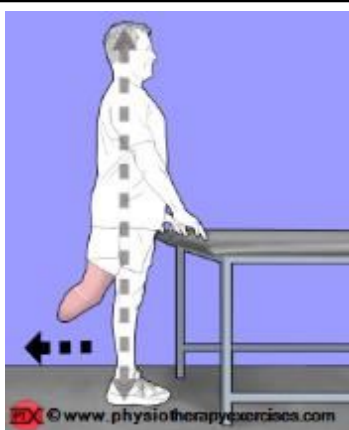
Client`s aim

To activate the muscles at the back of your thigh.

Client`s instructions

Position yourself lying on your stomach. Start with your residual limb straight. Finish with your residual limb bent.

Leg lift backwards with residual limb



Client`s aim

To activate the muscles in your buttock and the back of your thigh.

Client`s instructions

Position yourself standing with your hands resting on a table in front of you. Take your residual limb back with your knee straight and body upright.

Precautions

Donning a rigid cast and a standby physiotherapist is recommended.

Leg lift sideways in standing



Client`s aim

To activate the muscles on the outside of your hip.

Client`s instructions

Position yourself in standing with your hand resting on a table on your unaffected side. Lift your residual limb sideways with your knee extended. Maintain a straight posture by aligning your nose, belly button and great toe.

Precautions

Donning a rigid cast and a standby physiotherapist is recommended.

Quad strengthening over a roll



Client`s aim

To strengthen the muscles at the front of your thigh.

Client`s instructions

Position yourself lying on your back with a rolled towel under your residual limb. Start with your knee bent. Finish with your knee straight.

Squats with rigid cast



Client`s aim












To strengthen the muscles that straighten your leg.


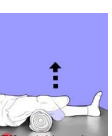
Client`s instructions

Position yourself standing with your hands resting on a table in front of you. Hold onto the table and squat.

Precautions

Donning a rigid cast and a standby physiotherapist is recommended.

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