



Issue April 2016
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TRANSFEMORAL EXERCISES

**Exercises for people following
lower limb amputation**

ARTIFICIAL LIMB AND APPLIANCE CENTRE

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Exercises are very important to:

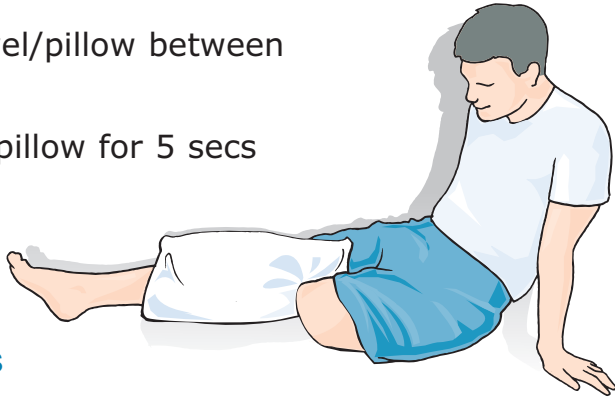
- **Strengthen muscles**
- **Keep joints mobile**
- **Stimulate the circulation**

You should not do the exercises until they have been shown to you by your physiotherapist.

If you experience any pain when performing these exercises, STOP and inform your physiotherapist.

1 : HIP ADDUCTION

- Sit with pillows or your hands behind you for support.
- Keep both legs flat on the bed.
- Put a rolled towel/pillow between your legs.
- Squeeze towel/pillow for 5 secs then relax.



REPEAT TIMES

2 : HIP FLEXOR STRETCH

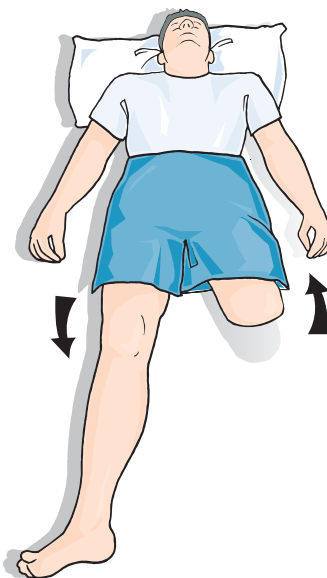
- Lie flat on your back with as few pillows as possible under your head.
- Grasp the knee of your sound leg and pull it as close as possible to your chest.
- Push the back of your residual limb towards the bed.
- Hold for 10 secs then relax.
- Repeat on the opposite side.



REPEAT TIMES

3 : HIP HITCHING

- Lie flat on your back.
- Keep both legs flat on the bed.
- Hitch one hip up towards you and push away on the other side, shortening one side and lengthening the other.
- Hold for 5 secs then relax.
- Repeat on the opposite side.

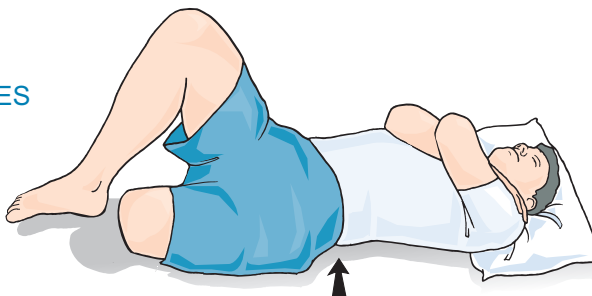


REPEAT TIMES

4 : BRIDGING

- Lie flat on your back with your arms across your chest.
- Bend the sound leg so the foot is flat on the bed.
- Raise your buttocks off the bed.
- Hold for 10 secs then slowly lower.

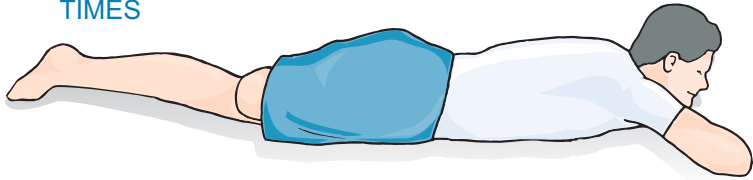
REPEAT TIMES



5 : HIP EXTENSION

- Lie flat on your stomach.
- Keep both legs close together.
- Lift your residual limb off the bed as far as you can, keeping your hips flat on the bed.
- Hold for 5 seconds then slowly lower.
- Repeat on the opposite side.

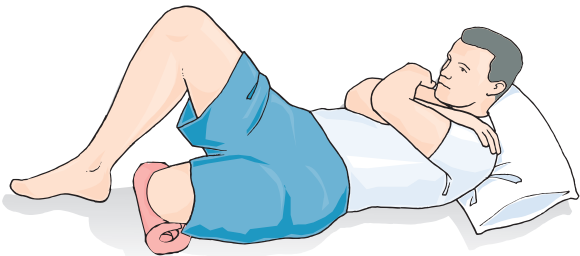
REPEAT TIMES



6 : ABDOMINAL EXERCISES

- Lie flat on your back with your arms across your chest.
- Put a rolled towel under your residual limb.
- Bend your sound leg.
- Slowly raise your head and shoulders off the bed.
- Hold for 5 seconds then slowly lower.

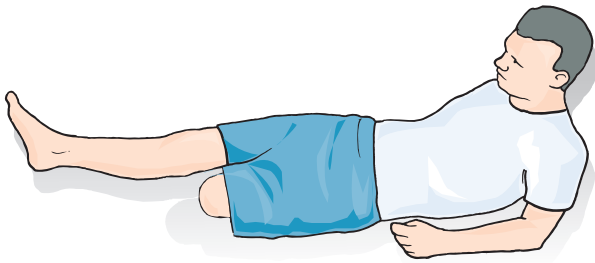
REPEAT TIMES



7 : STATIC GLUTEAL CONTRACTIONS

- Lie with your elbows behind you for support.
- Keep both legs together.
- Squeeze your buttocks as tightly as possible.
- Hold for 5 seconds then relax.

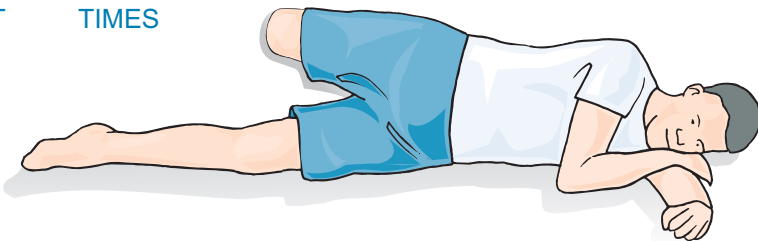
REPEAT TIMES



8 : HIP ABDUCTION

- Lie on your sound side.
- Slowly lift your residual limb towards the ceiling, pushing it back slightly to keep in line with your body.
- Take care not to roll forwards.
- Repeat lying on the opposite side, with the opposite leg.

REPEAT TIMES



9 : HIP FLEXION - EXTENSION

- Lie on your sound side.
- Lift your residual limb in line with your body.
- Slowly stretch your residual limb behind you and then forwards towards your stomach.
- Repeat lying on the opposite side, with the opposite leg.

REPEAT TIMES



10 : CHAIR PUSH-UPS

- Sit up straight in a steady chair that has armrests.
- Hold the armrests with both hands.
- Push down on the armrests and straighten elbows, lifting buttocks off the chair seat.
- Hold for 5 seconds then slowly lower onto the chair.

REPEAT TIMES



Notes