

## Exercises for Above Knee Amputees

*Note: Please be sure to check with your doctor or physical therapist before beginning this or any other exercise program. Your current level of fitness, your general health, and the condition of your residual limb are all factors that will play a role in how rigorously you can exercise.*



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



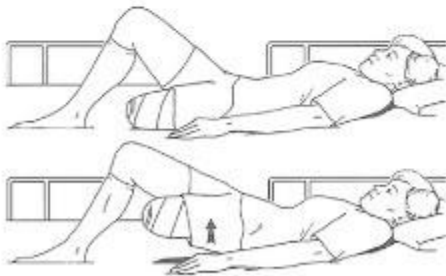
With towel roll between thighs, gently squeeze thighs together and down.



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



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



With sound knee bent and foot flat, tighten buttock muscles while attempting to lift hips.



Flatten back by tightening stomach muscles and tilting hips toward waist.