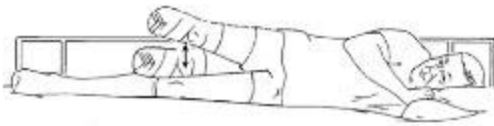
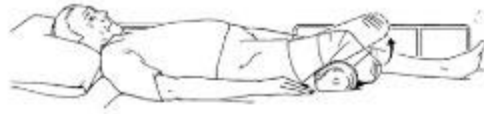


Exercises for Lower Limb (Leg) Amputees

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



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



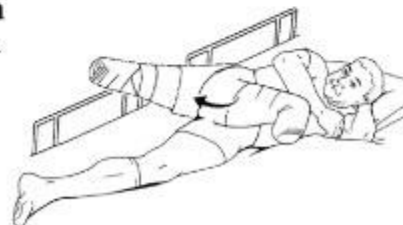
Sitting with residual limb supported, tighten thigh muscle and push down on knee to straighten.



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



With towel roll under calf of residual limb, tighten thigh muscle to straighten knee. Gently push down while tightening buttock muscles.



Roll to sound side. Bring knee to chest while bending knee. Reach limb back as far as possible while straightening knee.