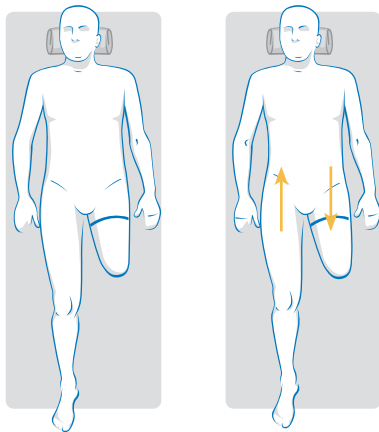
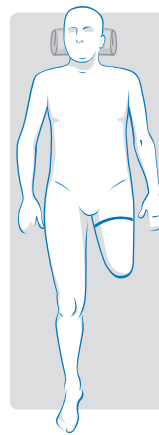


TF EXERCISES - WITHOUT PROSTHESIS

Exercises are important in preparation of walking with a prosthesis. If you are already using a prosthesis, these exercises can help your muscles maintain strength and mobility. It is very easy to do these exercises at home. You may feel a bit of discomfort the first time, which is normal and nothing to worry about. If you experience pain when doing these exercises, please contact your physiotherapist. It is important that you perform these exercises at ease, without exaggeration.

GLUTEUS STRENGTH

- Lay on your back
- Extend your legs
- Tighten your glutes (seat) muscles
- Hold for 5 seconds
- Start with 5 repetitions



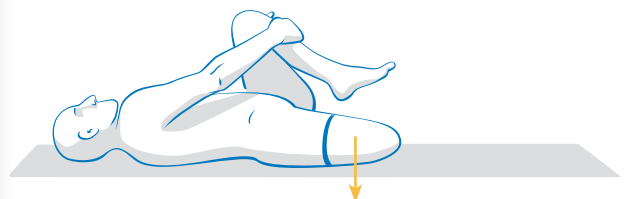
PELVIC SHIFT

- Lay on your back
- Keep your legs flat on the bed
- Prolong your leg (direction of your toes) and pull your other leg in the opposite direction, while keeping both in contact with the bed
- Make it an alternating movement
- Start with 5 repetitions for each side

HIP STRETCH

- Lay on your back, preferably without a pillow
- Pull one leg towards your chest and hold below the knee
- Push your other leg down into the bed
- Hold for 30 seconds
- Start with 5 repetitions
- Switch sides

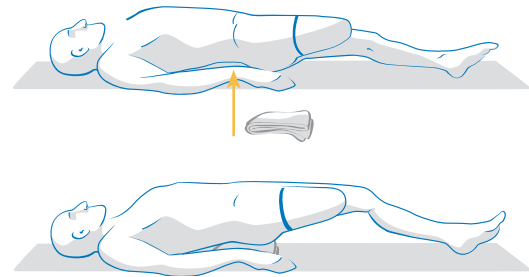
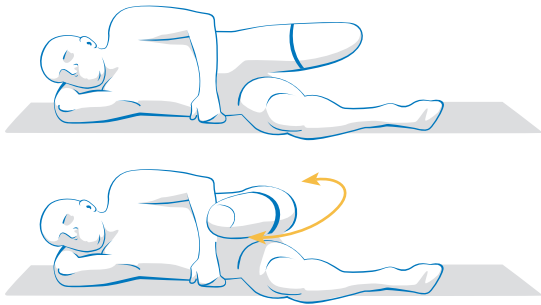
 If you pull up your amputated side, hold where possible!



BRIDGE

- Lay on your back with your arms close to your body
- Bend your knee and place your foot flat on the bed
- Put a folded towel or a small pillow underneath your pelvis
- Pull your bellybutton inwards and tighten your glutes, then lift your pelvis
- Hold for 5 seconds
- Start with 5 repetitions

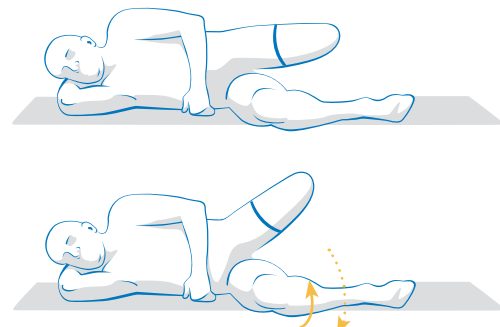
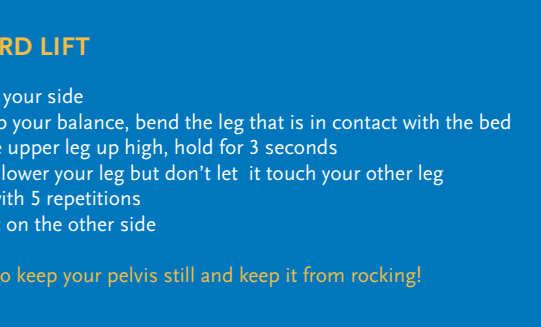
 To make it easier, place a rolled-up towel or roll under your knee!



HIP FLEXION / EXTENSION

- Lay on your side
- To keep your balance, bend the leg that is in contact with the bed
- Lift the upper leg slightly
- Move your upper leg front, then back, as far as you can
- Continuously move for 30 seconds
- Repeat on the other side

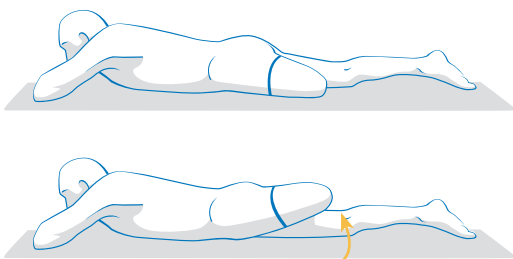
 Try to keep your pelvis still and keep it from rocking !



SIDEWARD LIFT

- Lay on your side
- To keep your balance, bend the leg that is in contact with the bed
- Lift the upper leg up high, hold for 3 seconds
- Slowly lower your leg but don't let it touch your other leg
- Start with 5 repetitions
- Repeat on the other side

 Try to keep your pelvis still and keep it from rocking!



HIP STRETCH

- Get into prone position
- Lift one leg up as far as you can while pushing the other into the bed
- Keep your pelvis and the rest of your body flat on the bed
- Hold your leg for 5 seconds and then slowly let it fall back onto the bed
- Start with 5 repetitions
- Repeat on the other side

ADDUCTION

- Sit with a straight back and both legs extended
- Put something soft, like a towel or small pillow between your legs
- Squeeze your thighs tight and hold for 5 seconds
- Start with 10 repetitions

 This exercise is also possible when you are seated in a wheelchair or on the edge of a bed!

