

# MOBILITY CLINIC

## EXERCISE ESSENTIALS FOR AMPUTEES TABATA STYLE

- There are 2 exercises per set. 30sec on / 20sec off
- Each set represents 5 mins
- 3 repetitions of the 2 nominated exercises before moving on to the next 2 exercises
- Check out the Mobility Clinic USB for video demonstrations of the exercises!

### TRY THE BLUE ALTERNATIVE FOR A TOUGHER WORKOUT!

#### SET 1

Ab crunches: crunches then obliques.

Heel digs with knees bent.

Try it with straight legs or  
bilateral leg lifts or Vsnap.

#### SET 2

Plank off the knees. Off the toes.

Push ups off the knees.  
Off the toes. Hand tap partner for hardcore.

#### SET 3

Bridging off both feet.

Arms to ceiling, lifting one foot off the ground.

Clams with theraband red.

Use green theraband.

#### SET 4

4point kneel hip abductors.

Use theraband resistance.

4point kneel hip abductors other leg.

Use theraband resistance.

#### SET 5

Squats.

Use theraband resistance, pulses.

Hip extensor tband resistance.

Non MPK users tband hip extension sound limb.

#### SET 6

Standing hip abductor tband resistance.

Green band.

Knee repeaters. Increase speed and range.

#### SET 7

Squat rows (hold the squat and row 30sec).

Non MPK T/F will stand and row. Green band.

Lunge with opposite arm rotations. Green band.

Non MPK users keep prosthetic knee straight.

#### STRETCH

Hip flexors, hamstrings, quads,  
L/S rotation, IT band, adductors, gastrocs