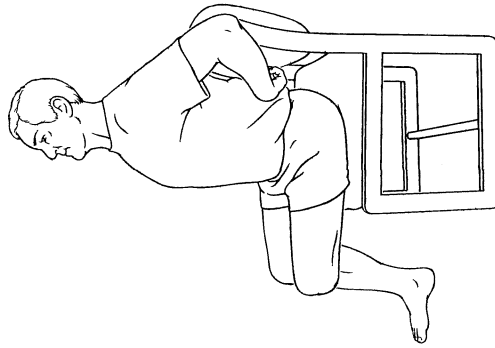


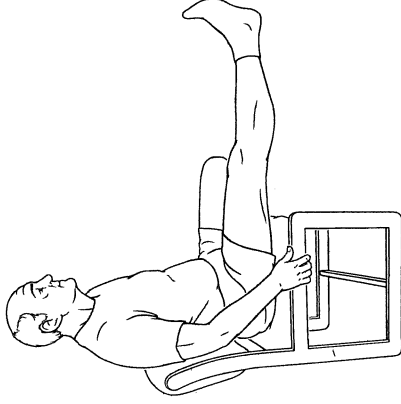
LOWER EXTREMITY AMPUTEE - 1
Active Range of Motion (Trunk Extensors)



Place hands in small of back and arch backward.

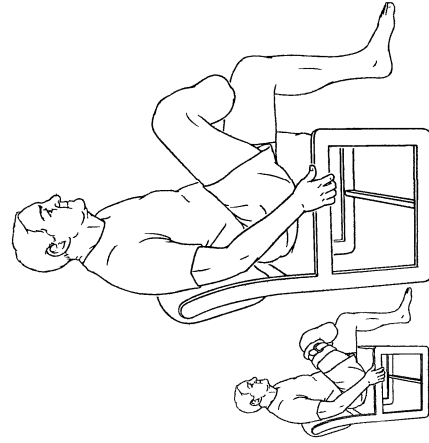
Repeat _____ times.
Do _____ sessions per day.

LOWER EXTREMITY AMPUTEE - 2 Knee Extension
(Active / Resistive ROM)



Extend knee so that lower leg is straight. Hold _____ seconds while counting out loud. Repeat with other leg.
Repeat _____ times. Do _____ sessions per day.

LOWER EXTREMITY AMPUTEE - 3
Hip Flexor (Active / Resistive)



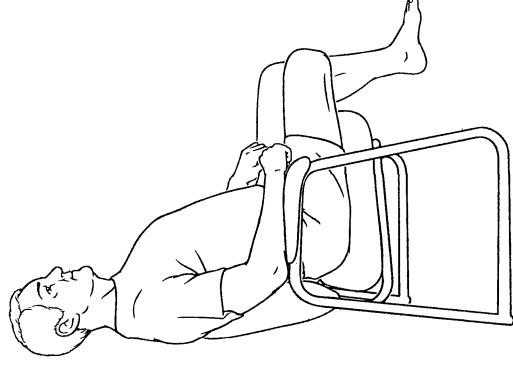
Lift thigh as high as possible. Lower it slowly.

Repeat with other leg.

Repeat _____ times.
Do _____ sessions per day.

Repeat with _____ lb weight on end of limb.

LOWER EXTREMITY AMPUTEE - 4
Isometric Trunk Extension



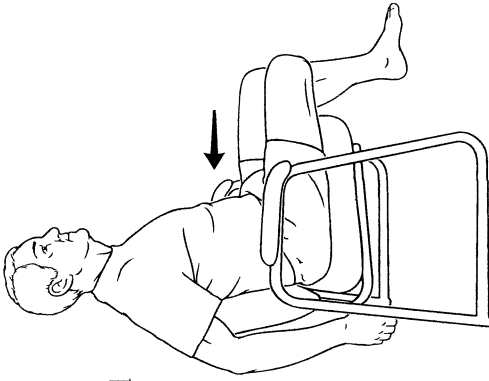
Arch back, pushing as hard as possible with upper back against chair.

Hold _____ seconds while counting out loud.

Repeat _____ times.
Do _____ sessions per day.

LOWER EXTREMITY AMPUTEE - 5

Isometric Abdominal Contraction



Tuck in stomach muscles and push low back against back of chair.

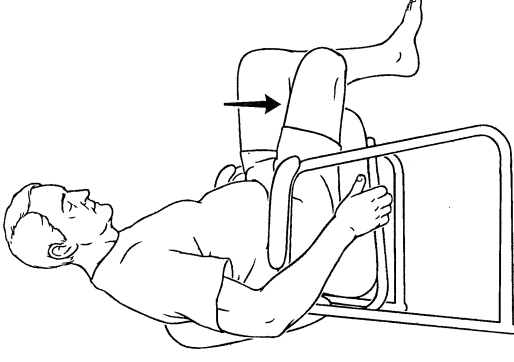
Hold _____ seconds while counting out loud.

Repeat _____ times.

Do _____ sessions per day.

LOWER EXTREMITY AMPUTEE - 6

Isometric Hip Extensor



Push thigh into chair.

Hold _____ seconds while counting out loud.

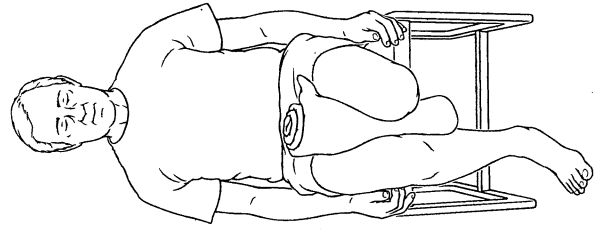
Repeat with other leg.

Repeat _____ times.

Do _____ sessions per day.

LOWER EXTREMITY AMPUTEE - 8

Isometric Hip Adduction



With towel rolled between knees, press thighs together.

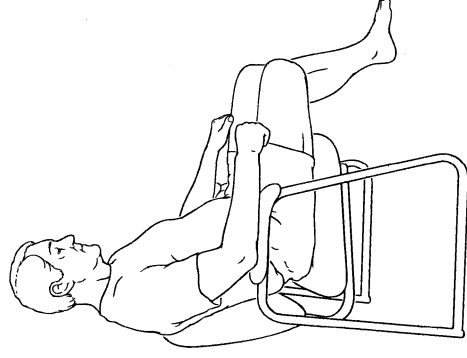
Hold _____ seconds while counting out loud.

Repeat _____ times.

Do _____ sessions per day.

LOWER EXTREMITY AMPUTEE - 9

Isometric Gluteal Contraction



Squeeze buttocks together as tightly as possible.

Hold _____ seconds while counting out loud.

Repeat _____ times.

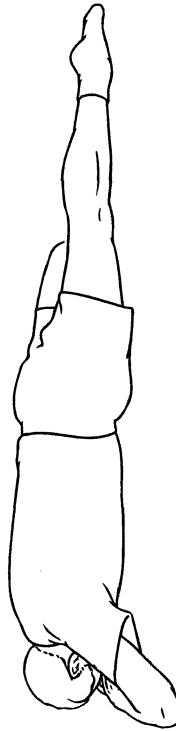
Do _____ sessions per day.

LOWER EXTREMITY AMPUTEE - 10
Isometric Body Extension



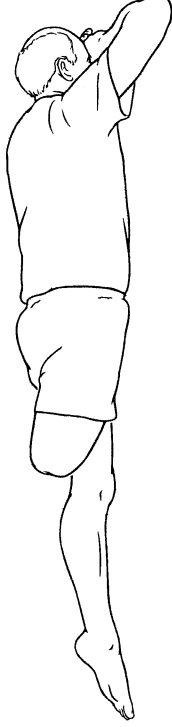
With hands above head, press entire body down, from head to toes. Hold _____ seconds while counting out loud.
Repeat _____ times. Do _____ sessions per day.

LOWER EXTREMITY AMPUTEE - 12
Gluteal and Abdominal Strengthening (Prone)



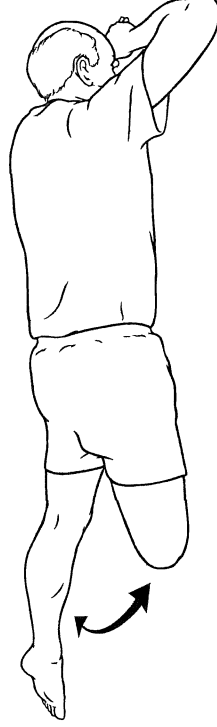
Tighten stomach muscles, hold _____ seconds and relax.
Then tighten buttocks muscles, hold _____ seconds and relax.
Repeat _____ times. Do _____ sessions per day.

LOWER EXTREMITY AMPUTEE - 11
Hip Extension (Prone)



Lift one leg as high as possible, then lower. Repeat with other leg.
Repeat _____ times. Do _____ sessions per day.

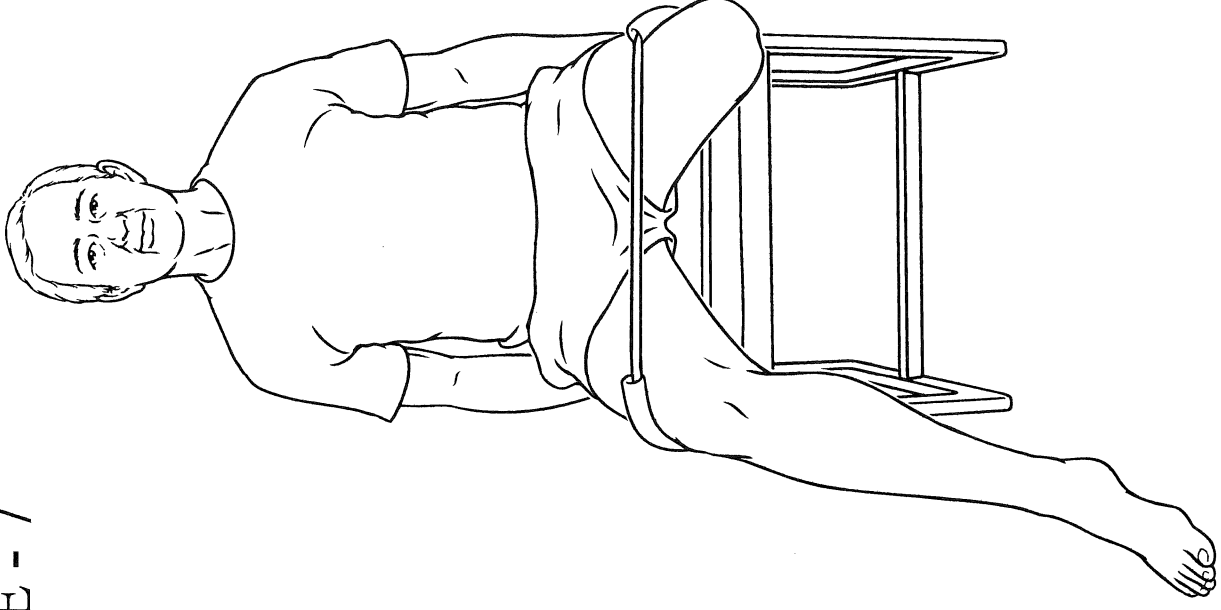
LOWER EXTREMITY AMPUTEE - 13 Hip Abduction (Prone)



Spread legs apart and bring together.
Repeat _____ times. Do _____ sessions per day.

LOWER EXTREMITY AMPUTEE - 7

Isometric Hip Abduction



Place tubing around thighs.
Spread legs apart, tightening
muscles on outside of thigh.

Hold _____ seconds
while counting out loud.

Repeat _____ times.
Do _____ sessions per day.