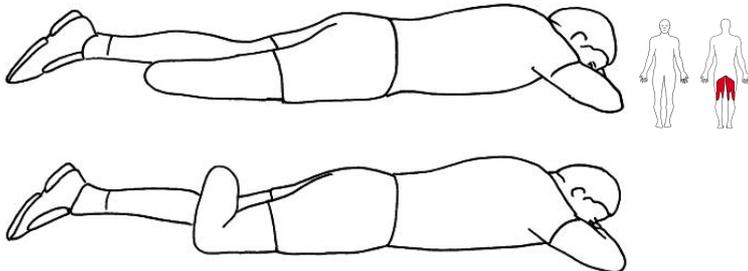


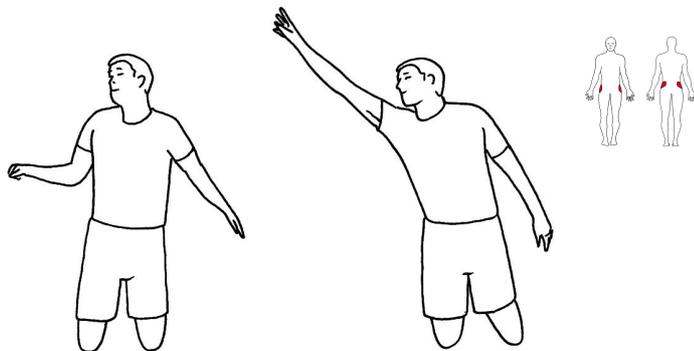
3- 5 x a week



1. Prone Knee Bends

Lie on your stomach. Bend the knee and slowly return to starting position.

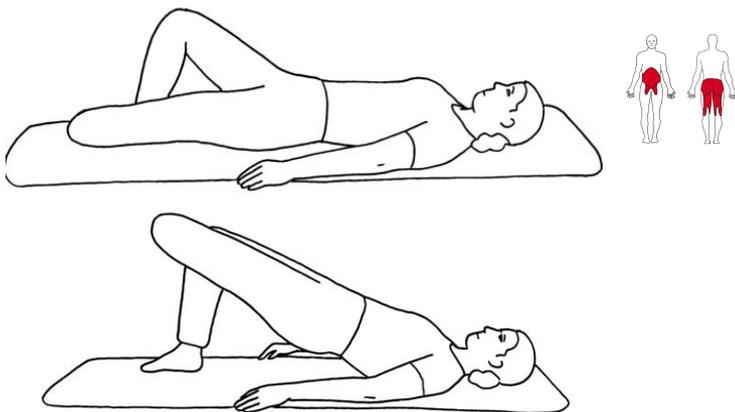
Sets: 3 , Reps: 12



2. Knee Standing Weight Shift with Arm Movements

Stand on your knees with hip wide distance between them. Move the entire weight of your body from right to left knee. Make sure you use the muscles in the stump and around the hip joint. Move your arms to the sides and see how far you can stretch them. Challenge your range. Notice if you are able to stretch equally far with both arms.

Sets: 3 , Reps: 12



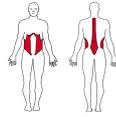
3. Hip Raise

Lie on your back with your knee bend and your foot towards the ground. Keep the amputated leg parallel with your other leg. Lift your buttocks up from the ground, straighten your hips and hold this position a few seconds before lowering your buttocks to the ground.

Sets: 3 , Reps: 12



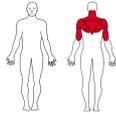
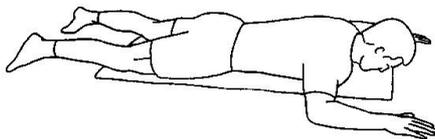
 Show video



4. Supine lying knee lift

Lie on your back, activate your abdominal muscles and lift one knee slowly up from the ground, then return back to starting position.

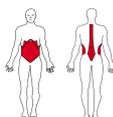
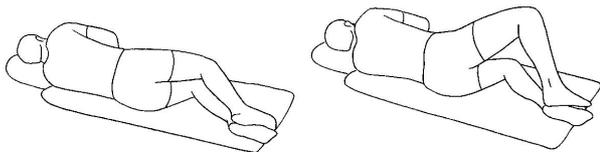
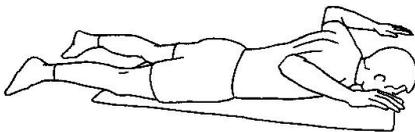
Sets: 3 , Reps: 12



5. Prone L-Raises

Lie face down with your arms out to the sides and elbows bent 90 degrees. Raise your arms off the floor, pull your shoulder blades together. Slowly return to the start position and repeat.

Sets: 3 , Reps: 12



6. Activating the transversus, and rotation control 4

Lie on your side with a natural lower back curve. Activate your transversus. Bend your legs so that your feet, bottom and upper body form a straight line. Keep your heels together. Raise the top knee, avoiding lower back movement. Stop if you experience any lower back movement or pain.

Sets: 3 , Reps: 12

