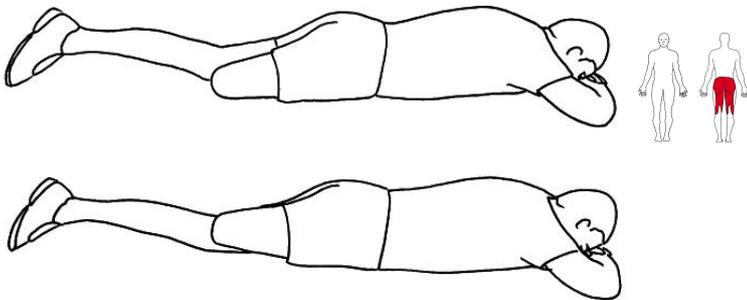
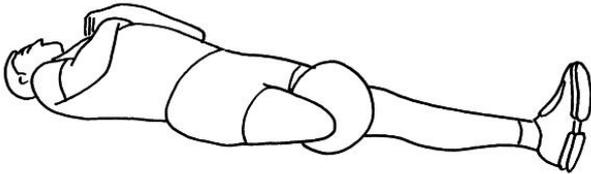


1. Ball squeeze

Lie on your back with a small ball or pillow between the stump and the remaining leg. Squeeze the ball and release slowly.

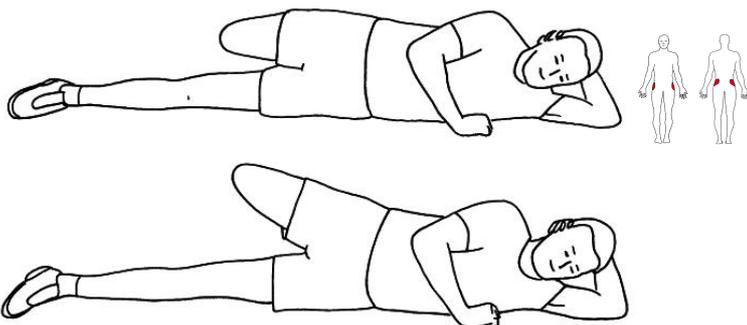
Sets: 3 , Reps: 8



2. One Leg Hip Stretch

Lie on your stomach. Raise the stump up towards the ceiling and back down. Make sure that your back doesn't arch and the movement is coming from the hip joint and your pelvis stays touching the floor during the exercise. Repeat on both sides.

Sets: 3 , Reps: 8

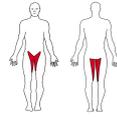
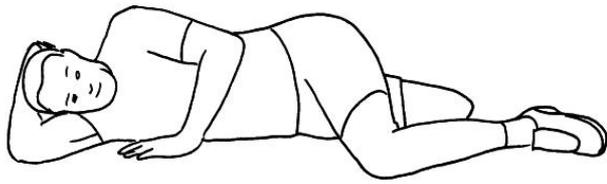


3. Side-Lying Leg Raise

Lie on your side and support your upper body up on your forearm. Raise the upper leg slowly up and down. Make sure the leg is straight in extension of your body or slightly behind it and that all movement happens in your hip. Repeat on the other side.

Sets: 3 , Reps: 8

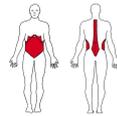
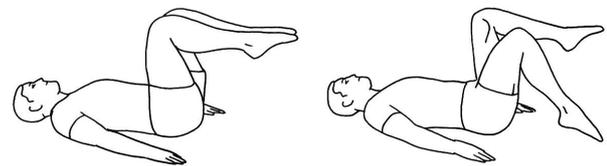
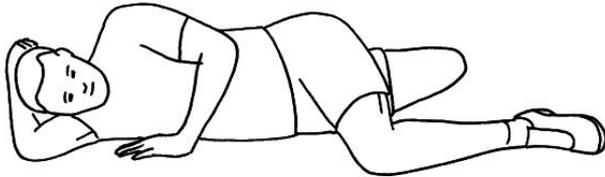




4. Side-Lying Raise of Lower Leg

Lie on your side and support your head with one hand. Cross the upper leg over the lower. Raise the lower leg towards the ceiling and back again. Repeat on the other side.

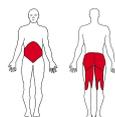
Sets: 3 , Reps: 8



5. Toe in water

Lie on your back with hips and knees bent to 90 degree angles and arms down by your sides. Tense your abs and lower one foot toward the floor while exhaling. Repeat with the other foot.

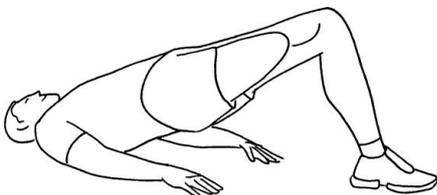
Sets: 3 , Reps: 12

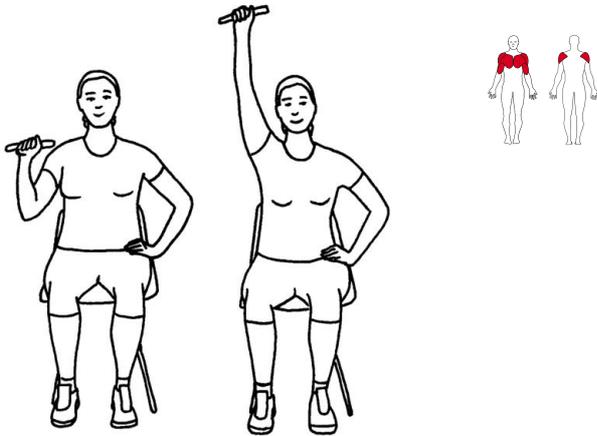


6. Bridge

Lie on your back with your leg bent. Tilt your pelvis backwards. Flex the deepest and lowest part of your abdomen, pull your bellybutton in towards your spine and make your stomach flat. Raise your pelvis/buttocks until you are lying on your shoulder blades. Hold the position before lowering slowly to starting position. Make sure to keep your pelvis straight during the exercise.

Sets: 3 , Reps: 8

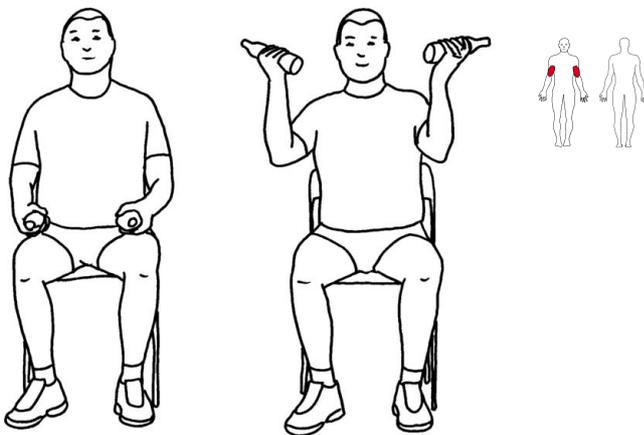




7. Shoulder Press

Sit away from the back of your chair. Hold a dumbbell/water bottle at shoulder level with the palm facing forwards. Press the dumbbell straight upwards as high as possible. Slowly return to the starting position. Repeat on both sides.

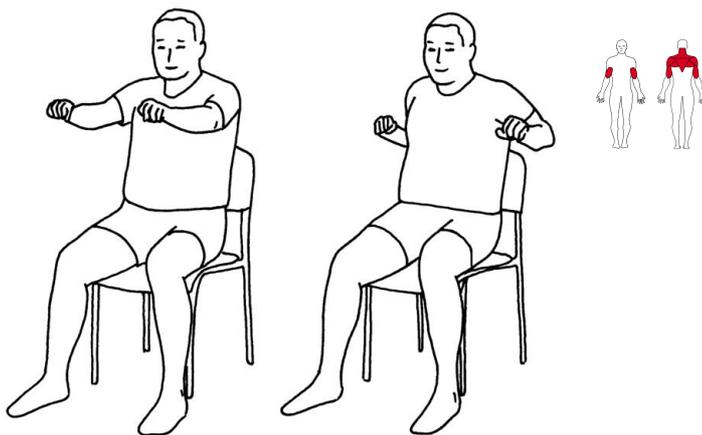
Weight: **kg, Sets: 3 , Reps: 12**



8. Bicep curls with water bottles

Sit away from the back of your chair. Use two water bottles as weights, one in each hand. Bend your elbows with palms facing your body. Lower your arms slowly down again.

Sets: 3 , Reps: 12



9. Seated row

Sit away from the back of your chair with extended arms in front of you. Move arms in towards your chest and squeeze your shoulder blades together. Move your arms forward again and repeat. You can add weights in if this is too easy.

Sets: 3 , Reps: 12

