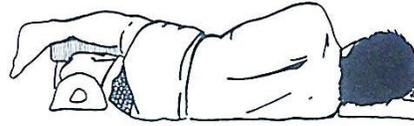


## Exercises Required To Be Able To Use a Prosthesis

### Side Lying Hip raises

1. Lie on the amputated limb side with a towel placed securely under your limb.. Place a stool, or a large pillow, directly in front of your hips, bending both your unaffected hip and knee to 90 degrees so that your leg rests on the stool.
2. Press your residual limb into the towel, raising your hip off the ground. Hold this position for 5 seconds then slowly lower yourself back down. The goal is to do 20 reps 3 times per day.



### Sitting and Standing

Pull your wheelchair up to the kitchen sink and lock the wheels. Grabbing hold of the sink, practice standing up then slowly sitting back down. The goal is to do 25 reps 3 times per day.

### Standing at Kitchen Sink

Pull your wheelchair up to the kitchen sink and lock the wheels. Grab hold of the kitchen sink and stand. The goal is to stand for 10 minutes.

### Bridging

1. Lie on your back with a rolled up bath towel placed securely under your amputated side knee..
2. Press amputated limb firmly into towel raising your buttocks off the resting surface. Hold this position for 5 seconds then slowly lower yourself back down. The goal is to do 20 reps 3 times per day.



### Wheelchair Pushups

Sitting in your wheelchair with both feet on the ground, push down on the armrests until your elbows are locked and your bottom is completely off of the wheelchair seat. Hold this position for 5 seconds. Slowly lower yourself back down into the seat of the wheelchair. The goal is to do 25 reps 3 times per day. Once you can do this with both feet on the ground start doing it with one foot on the ground and one foot off the ground. Once you can do this try to keep both feet off the ground while you do the exercise. Please be careful and always ask Jason or Aaron to show you how to perform all exercises before you do them on your own.